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SLIMMERS TEA

CONTAINS 20 TEA BAGS

HTHI01/15/E



This month I'm loving...

Nivea Q10 Plus Anti-Wrinkle Energizing Eye Roll-On

I've never been much good at eve creams (a bit too faffy for me), but this is fantastic. It's a slim roll-on bottle with a silver ball instead of the usual

plastic one. That silver ball is so cool and soothing that it would be worth rolling it around your eyes even if it didn't also come with the anti-wrinkle elixir, but together they're a complete win. The rest of this range is also excellent.



Dynamic women!

With her friend Bev (who nominated her), Grace Ngcongo, Clarins/ FAIRLADY's Most Dynamic Woman 2011, has

continued to do great work for her KZN community through the Silindokuhle crèche and pre-school. Last year they added on a tiny 'clinic' for distribution of ARVs to adults and vaccines for kids. and got access to three hectares of land where they want to grow veggies for the community. Their 'clinic' is in daily use, but remains unfinished because of lack of funds; and not all the land is yet planted as they need a tractor. The need for funding at Silindokuhle is ongoing. If you can help, please contact Bev Letard on bevletard@vodamail.co.za.



First Thursdays in Cape Town

On the first Thursday evening of every month, the centre of Cape Town transforms itself into a kind of street party come gallery come food festival, and the streets are filled with people walking from one to the other. It's all about owning the inner city, and it's great. http://www. first-thursdays.co.za/.



Welcome

efore I finally gave up on writing the Mills&Boon that was going to make me rich, I hit a huge snag in the plot. Assuming Nick and Sophie were completely crazy about each other, what would stop them from just getting on with the happily ever after bit of the story? (I apologise for the boring names. They should obviously have been called South and Marlowe, or perhaps Breaker and Kale, according to the list of Hottest Names 2015. No wonder they were so difficult to deal with...).

Anyway - the issue for me was to create an impediment that stood in the way of their uncontrollable passion. And it was surprisingly difficult to do that in a world with Tinder and Growlr in it. As Liesl Robertson writes in her story on the death of the romcom (page 76) '... these days, typical obstacles such as parental disapproval, social class difference or a betrothal to another seem flimsy - we no longer believe that love cannot transcend class, profession, age, race, gender and even (in some cases) marital status.'

What's interesting about this is the bit about marital status. Being married used to be the one impediment that worked - Mr Rochester kept his deranged wife in the attic rather than abandon her for Jane Eyre, I remember. But that just wouldn't have worked for Nick and Sophie. Being married just isn't enough any more, and there seems to be no shame attached, either, to being the cause of the breakup of another relationship.

I don't think it's that we have become shameless or less moral as a society, it's just that shame seems to be reserved for other things. That's partly why I found the extract from Jon Ronson's new book, So You've Been Publicly Shamed, on page 30 so fascinating. He's spent three years following up on the stories we all know from social media – where one outrageous tweet or Instagram has gone viral and had an utterly catastrophic effect on the life of the person who sent it and looked into why we become as outraged as we do, and what that says about us as people. It seems we haven't come very far from the society that condemned Rochester after all.

Interesting stuff. Save it all for an indulgent afternoon read after page 110's delicious Mother's Day brunch.

Enjoy it all!

SUZY BROKENSHA

EDITOR sbrokensha@fairlady.com

Mother's Day à la mode Fashion ed Cara-Lee and her mom Marilyn enjoyed a shopping trip at Topshop with a Personal Shopper as a Mother's Day treat. A good way to spend Mother's Day if shopping's your thing! PLUS they're offering 20% off your purchases for May.









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have your say

winning letter



In response to 'When things fall apart'

I could completely relate to 'When things fall apart' (December 2014), My husband was involved in a serious motorbike accident when I was 11 weeks pregnant with my son in 2009. Sometimes I look back at that time and feel like it was a bad dream. I thought I would be a single mother, but because of my husband's iron will and my determination, we made it through in the end! The many weeks

of physiotherapy and having to dress and wash my husband, while pregnant, was taxing - but it also strengthened our relationship. Our beautiful son was such a blessing after all that had happened. It's strange how sometimes the worst situations can make you realise who you really are. And like Camilla said, they can change you in the most important ways.

Jade Raath, Johannesburg

Ed: You say 'sometimes the worst situations can make you realise who you really are', and we agree: who you really are is clearly a strong, compassionate woman. We salute you!

YOUR FABULOUS PRIZE IS...

A TITAN EDGE WATCH VALUED

As the world's slimmest watch - just 3,5mm the Titan Edge is all about

simplicity and perfection. A classy time-keeping accessory featuring carefully crafted solid steel, rose gold PVD and scratchresistant sapphire crystal glass, who could resist such sophistication?

FAIRLADY through my years

I love my FAIRLADY and how over the years she's proudly maintained her unique identity. promoting feminine strengths. I love how she's been with me for most of my life and remained relevant through all the stages, ages and ups and downs. In my teens. I read my mother's copies for fashion and makeup advice. In my twenties, the career and relationship articles resonated with me. In my thirties, it was finance, health, décor and cooking. And now, as I turn 40 and have just given birth. the parenting and family advice is where I go first. Thank you FAIRLADY, you are like a friend, mom and big sister.

Kate Berry, Cape Town

Ed: Happy 40th, Kate! We hope we're still with you to help you plan your *baby's 21st ...*

Honouring female pilots before me

In 'What gave you that extra edge?' (March 2015), I am flatteringly credited as South Africa's first female pilot. Although I've had many proud 'firsts' as a lady airline pilot, women have been flying in South Africa for over a hundred years. Evidently this is not widely known, given the bemused expressions of some passengers who think flying is still an exclusively male pro-

fession. I started flying in 1982 and stayed the course through prejudice and challenges to succeed, but I also had opportunities which were not available to women pilots decades before me. Please correct the record and honour the South African women pilots of the last century.

Jane Trembath, Benoni

Ed: Thanks for this, Jane and for sharing how you overcame challenges even after women had been flying here for 100 years!

Online

WE ASKED: What makes you happy?

- 'My good health and my family.' - Glynis Welbourne
- 'A beautiful sunset.' - Ute Schmid
- 'Being proud of who I am and my confidence.'
- Thaby Emmarentia

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* Where necessary, letters have been edited.

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Discover Clarins Intensive Serum and Repairing Night Cream giving you dual brightening action while you sleep: sea lily extract to help prevent and reduce the appearance of dark spots, and daisy extract to help even skin tone. For optimal results, use in conjunction with Bright Plus Brightening Hydrating Day Lotion SPF 20 to protect the skin and even the complexion during the day.

Serum only: 80% of South African women agree that the intensity of dark spots is visibly reduced.

Routine: 96% of South African women agree that their complexion looks brighter.

*Consumer test on 191 South African women, 4 weeks of usage serum. **Consumer test on 168 South African women, 4 weeks of usage routine (Serum & Day cream & Night cream).



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1. Consumer satisfaction tests (60 women). 2. Source: NPD BeauyTrends®: total sales of 4 countries: France, Italy, Spain mainland and UK, skin care products sold in Perfumeries and Department Stores, Luxury brands, sales in value in 2013.



www.clarins.co.za



CLARINS





The new feminine fragrance



The idea hit me that when we harvest kidneys for transplants, we should also harvest the penis for a penile transplant. So in 2010, I started on a pilot study which took one and a half years to be passed by the Stellenbosch University ethics committee. I'm sure they thought I was crazy, but they did pass it — with strict guidelines. I had to meet with community leaders and do cadaver studies, which helped tremendously.

I interrupted the study for a year to improve my research skills. So I did a masters in clinical epidemiology, which focuses on different research methods. That's where I learnt the technique of depth interviewing – extracting information from patients that they might have forgotten.

This project is not about me. It's about the patients who have lost their voice in their communities because

they're no longer considered 'men'. South Africa is a unique case for this study because ritual circumcision is common – and often botched. Buck skin is wrapped around the newly circumcised penis, often too tightly, causing what we call 'a dead penis' – a stump of about 1cm – which was the case with this patient.

There's an element of luck in this.

The operation went well; we knew we'd done a good job when we saw the excellent blood flow to the new penis. But four hours after the operation, we had a huge scare – one big artery clotted. Just then there was a theatre spot available and we managed to get it out immediately – or it would've been too late.

Two amazing plastic surgeons helped make the surgery a success: professors Frank Graewe and Alexander Zühlke. The entire team was amazing. And the donor's wonderful family – thank you! We operated in December 2014 but announced the results only once we were certain it was a success. I wanted to release it academically first, but felt the public deserved to hear that the op would be available to them.

I knew this was a big deal when FAIRLADY called for an interview! I never expected such massive media attention – I don't even have a business card!

I've established wonderful relationships with the patients in the study group. They've shared incredibly personal stories, which makes me want to help them even more. They all have my cellphone number and often call to ask, 'Doc, when is it my turn?'

I've established a fund through the university; we really need help in the form of donations. This is an expensive project and every little bit would help. *



azzaroparis.com

entrepreneurs

BY ANNA RICH, SANDRA PARMEE CHELSEA JOHNSTONE & LIESL ROBERTSON

that you should never go into business with family or friends. But these mothers are happy to report that they're making it work with their children.

BUSINESS: ONEOFEACH

Who? Pauline and Tamburai Chirume Start-up costs: 'We are very proud to say that we started with only R1500.' **Profit:** The business is doing really well.

Profits are variable.

orking together is not a decision that we made, it is just that our relationship has

evolved to add another element to it – which happens to be business,' says mother and daughter duo Pauline and Tamburai Chirume.

With Pauline's three decades of

experience as a fashion designer and Tamburai's fashion retail and styling background, it made perfect sense for them to take on the fashion industry together. Their business is built on their common love of Africa.

'ONEOFEACH specialises in leather handbags and accessories – using African print fabric that we source from different regions across the continent. We also design a limited clothing range. We want to change people's perceptions of African inspired goods.'

While they love designing and making their products, they enjoy interacting with their clients most.

'We love explaining to them how the product was made and sharing our story. Their reactions when embracing the products we sell is just amazing – their appreciation makes us realise how important and valuable the hard work is.'

So what's the working

relationship like?

The received wisdom is

'We love working together and we are an excellent team. We are really proud to say we have never had a dispute; we might not agree on everything but we understand each other. Also, we both have different strengths and weaknesses which we are aware of and this helps to create creative balance.

'People often think we are sisters because we have such an amazing friendship as mother and daughter. Our work process if often filled with joy and laughter – lots of it!'

That's not to say that there are no challenges when it comes to the demands of the industry, but Pauline and Tamburai know that success requires the right attitude.

'All you need is a strong work ethic. You need to be prepared to work hard physically, mentally and emotionally, but also have fun in the process – something we try to do.'



BUSINESS: GRANNY GOOSE DUVETS

Who? Gaynor Walkey, with her children, Glen, Lisa, Alexander and Gaby. Start-up costs: started small, from my home, about 25 years ago. **Profit:** The business has grown slowly, picking up speed in the last five or six years, with turnover up 24% over the past year. If we have spare cash, we use it for expansion. Each new showroom costs about R500 000 for stock. deposit on premises and shop fittings.

his is the culmination of what I've been working towards all these years,' says Gaynor Walkey, owner of Granny Goose Duvets.

She's talking about their sleep lab, in one of their Cape Town showrooms, which has been open for six years. Here, customers are encouraged to slip into a beautiful bed, made up with down duvet and pillows, of course.

'When people are buying a pillow, they push down on it,' says Gaynor. 'That's no way to test a pillow. Your hand bears no relation to the weight of your head.'

But at the sleep lab, you're given different weights and fillings to try. Too soft? More down, then. Once the pillow is just right, it's made up specially for you. And that personal attention has been part of the business from the outset.

About 25 years ago, Gaynor started with a basic feather duvet and pillow, which clients tested on her lounge carpet. 'Too soft? I'll make



'I'm excited about the way the children are all involved in the business. It's a kind of legacy.'

you one with 50g more...'

Today, Granny Goose is a wellknown brand. 'When I introduce myself, people invariably say, "Oh, I love your products!" Gaynor's son, Glen, who is the MD, adds: 'Nowadays, if I enquire about retail space, they actually reply, and say, yes, we'd love to have you.

All four of Gaynor's children have joined the company in its latest evolution, while she has scaled down her involvement to three days a week. (There are seven grandchildren to fuss over, after all!) Lisa oversees the website and web sales, Gaby controls the finances, and Alexander (who is currently doing his MBA) is involved on the manufacturing side – between them, they cover all aspects of the company. 'I don't know how that happened!' says Gaynor.

'It was never planned.'

'We're able to work together because we're a very close-knit family,' she explains. They all sit in the same office, which is great, as they make decisions there and then.

They even spend some weekends together, at the beach house. The only downside, Lisa says, is that their partners might get bored with all the shoptalk.

'I never stop thinking about this company - ever,' says Glen. 'I wake up at night and think, we must do that! And the nice thing is that we are free to try things.'

The push now is to put better controls in place and increase the number of showrooms – to grow the business into something that is much, much bigger. And at 24% growth over the past year, it looks as if they're on track.

BUSINESS: ZANA

Who? Robyn and Sue Britz Start-up costs: R5 000 for material and digital printing **Profits:** 'We pay the salaries of seven staff members and we're breaking even.'

our years ago, print broker Sue Britz decided to start a little side business, to bring in some extra money. 'I was looking for a print that I could put on some cushions,' she says, 'but my daughter Robyn thought my Africanthemed designs weren't very good.'

Robyn, then at the end of her second year in branding and multimedia design at Vega, decided to help. 'The African curio market is flooded, so I did a few contemporary, minimalist designs for her and set up a store on international site Etsy to sell her cushions online.'

After finishing her degree, Robyn decided to join her mom and help build the business. They both kept their day jobs (Sue doing her digital printing and Robyn freelancing as a developer), and met up after hours. 'Right in the beginning I would drive to my mom's house at 9pm and we would do our Etsy orders until one in the morning. We were like, "Why are we doing this? We have real jobs!""

'We kept waiting for business to dry up – it just seemed too good to be true,' says Robyn. 'You worry that everyone who wanted to buy a cushion has a cushion now!' But, three years on, business is booming -Zana now sells cushions, wall flags, sling bags, cosmetic bags, magazine racks, fabric by the running metre, ceramic bowls and even wallpaper. They also have five employees and have set up a local online shop.

Zana is short for Suzanne – Sue's full name. Her uncle gave her the nickname when she was a girl.



'Everyone says "Don't go into business with friends or family," but two of my close friends and my mom work with me.'

'Ironically enough, I used to hate being called Zana!' laughs Sue.

'We took every opportunity that came and tried to focus on connecting digitally,' says Robyn. 'We don't have a brick and mortar shop and people don't just rock up on your online store. That's where social media is so powerful - which is why we are always pinning, Instagramming and regramming pics, and blogging.'

'With online you can experiment,' says Sue. 'You make one prototype and see if people respond to it.' They have also found customer input to be invaluable. 'People were saying: "Can I have a bag in this?" says Robyn. 'We really listen to feedback because the buyer is our best friend.'

'Everyone says "Don't go into business with friends or family," but two of my close friends and my mom work with me,' laughs Robyn. 'I don't think every mother-daughter team would work but ours does,' says Sue. 'Robyn isn't my boss or colleague; we can be really honest.' 'And we don't have to be awkward about money,' adds Robyn.

PHOTOGRAPHS: ANÈL VAN DER MERWE

BUSINESS: INA PAARMAN

Owners: Ina and Graham Paarman |

Start-up costs: Ina believes their seed capital was around R40 000.

Profits: The company has grown tremendously and now has over 200 staff members. with a state-of-the-art manufacturing facility and both local and export markets.

na Paarman's career history centres on food. She was food editor for Femina magazine, wrote a column for Die Burger and also taught and lectured on the subject. In 1982, she left behind her lecturing career to start a cookery school in their converted garage.

'I soon realised the harsh reality of being stuck on your own,' says Ina. The business got off to a slow start as people weren't used to paying for cookery lessons and Ina didn't have a budget for advertising - her kids cycled down the street, dropping homemade flyers into peoples' postboxes.

But within five years, the school was hugely popular. And Graham had finished a business degree and was about to do his chartered accountancy exam. He knew it was not the life he wanted, though. 'Graham said to me, "Why don't we go into business together? You can cook, and I can count!" recalls Ina.

So they started the food branch of the Ina Paarman company with the proceeds from Ina's self-published cookbook. They also took a loan on their home. 'I convinced my husband to invest his life savings into the business,' Ina says, 'so we simply had to make it work.' And, they add, there's no substitute for hard work.



'Graham said to me, "Why don't we go into business together? You can cook, and I can count!"'

'We're constantly improving our product,' says Graham. 'We never want to become complacent and feel we've "arrived".' Homespun, delicious stocks, sauces and spices are the lifeblood of the Ina Paarman brand. It is, says Graham, what a good home cook could do in their own kitchen, but on a larger scale. 'We use fresh vegetables; we roast and caramelise them to produce restaurant-quality food. We want to change the negative image that

factory-made food has.'

Ina's advice to small business owners is to build your home market first. 'It's the bread and butter. Exports are the jam,' she says.

The two love working together and have skills that complement one another. 'People often give me all the credit, because I'm the face of the business,' says Ina. 'I am the heart of the company, but Graham is the head. He's the one playing the piano.' 💠

DON'T FORGET TO INSURE YOUR BUSINESS

Insurance should be a top priority for any business as there are risks that can cause significant interruptions to operations. You need to ensure that your

business doesn't lose its capacity to operate if something goes wrong.

Business insurance can provide protection that will ensure your business will survive, and even thrive, through the ups and downs. Be it theft, damage or lawsuits, insurance is there to make sure that these are only temporary setbacks.

Consult with a broker to structure insurance that is suitable for your needs. For more information, visit www.Santam.co.za or call 0860 444 444.



Cleansing Body Oil, R79.95, lipidol.com

thought the painful stomach cramps on the last day of her holidays were due to a ruptured spleen or burst appendix. She had no idea she was about to give birth.

Joanne Meyer I didn't know I was pregnant

LABOUR!



used to watch this terrible TV programme called I didn't know I was pregnant and I'd sit there in horror, wondering how these people could be so stupid! There is no way you wouldn't know you were pregnant, right? Well, I'd be proven wrong.

It was Sunday 4 January. I was due to go back to work the following day so my husband and I went out to do a big grocery shop and enjoy the last of our holiday. I had woken up with period cramps, which made sense because I was due to get my period, but they just got worse through the day. By the time we got back home I was in a lot of pain, so I did the usual – bath, hot water bottle, bed. But nothing worked. At about 3:30pm I said to my husband, 'You need to take me to hospital.' He knew it was serious because I'm poep-scared of doctors.

I thought my spleen had ruptured or my appendix had burst. For a fleeting moment when I was lying on the couch, I thought, 'I wonder if this is what labour feels like' – I was in that much pain.



By the time the doctor got round to examining me, my stomach was rock-hard. She did an external exam, pressing my stomach, and asked me what I'd eaten - she thought there might be something wrong with my bowels. I was sent to the X-ray department and that was the first time the word 'pregnant' came up. Convinced I was pregnant, the radiologist wanted me to have an internal exam before X-raying me. I thought, this is ridiculous, but sure, maybe I'm a month or two pregnant. So after I was wheeled back in agony, the doctor did the internal exam. As I lay spread-eagled, she stood at the bottom of the bed and said, 'You're 3cm dilated, you're having a baby and you're having it today.'

Now let's rewind for a second. For the past nine months I had not skipped a period or put on weight -I didn't even have the slightest belly. If anything, I'd lost weight; over the previous two years I'd lost 20kg in an effort to get healthy - and had maintained it since. I do Crossfit three times a week with a personal trainer who makes me lift tyres! On 16 December I'd climbed Lion's Head! This was not a woman who was pregnant. So when I heard the doctor utter those words, my world just crashed. I clutched my mouth, unable to process this information and, quite frankly, neither could the doctor. The nurses had no idea what to do other than just stand there. Eventually they kicked into gear and one of them ran to get my husband. When she found him, she said, 'Your wife's in labour.' He laughed and said, 'You've got the wrong husband.'

Then things just got crazy. Now that we knew what was happening, I started to panic... really panic. The past nine months raced through my head; 'What had I eaten?', 'What had I drunk?', 'What had I done?', 'Is this baby okay?', 'Why don't I have a stomach?' and, of course, 'Have I lost my mind?' A nurse cupped my face in her hands and told me that it



INSTANT FAMILY: JO AND JUSTUS WITH JAMES, THE BABY THEY HAD NO IDEA THEY WERE PREPARING FOR

was going to be okay and all I had to do was get through the following few hours and stop asking questions. Simple, right? All I had to do was birth a child I had no idea was inside me and hadn't thought about until that moment! Of course, my husband was just standing there with his eyes popping out of his head.

I quickly went from being 3cm dilated to 5cm to 8cm and then things slowed down for a few hours. During that time I got on the phone to my parents, who were at a party with friends. My mother sees me every day and said, 'I would have noticed you were pregnant, I'm your mother'. She panicked, as she thought something was really wrong. All she said to my father was, 'Jo's in hospital, we need to go.' In a complete state, he proceeded to reverse into the car behind him. It was chaos. At one point my husband and I looked at each other and just started laughing – there was nothing else to do!

When I didn't dilate any further, they asked me if I'd be willing to have a Caesar. 'Well, I haven't really thought of a birth plan,' I said, 'so why not!' They explained that my son was pushing down but had

nowhere to go because he was tucked behind all my organs, lying spine to spine. That was the reason I never had a belly or felt him kick!

It all happened very fast. They cut me open and pulled out this little grey blob to the Dawson's Creek song 'Kiss Me' playing in the background. To be honest, when they plopped this little baby boy on top of me, I didn't feel that automatic bond everyone talks about. We had a moment when we looked at each other and went, 'Huh?' Then he found my boob and started sucking. It was like, 'Hey, you don't know me, but I know you.'

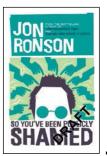
Of course my whole family was there: brother, sister-in-law, aunts, cousins, parents – they were all allowed into the ward, which is unusual, but I think the doctors were all so gobsmacked and overwhelmed that they just let whoever in! They called him the miracle baby, a 'hidden treasure' that came out completely perfect. They couldn't get over how alert and healthy this little guy was, having gone nine months unnoticed.

Looking back, it is amazing to realise how ready we were, in a way, for having a baby, even though we thought we weren't. It's not that we were against having a child, but at 38 we were very career-orientated and our lifestyle was important to us. You actually get quite selfish and giving that up seemed hard. But over the past year I was the fittest I'd ever been and the healthiest - both mentally and physically. We renovated our house, bought a family car and my responsibilities changed at work, allowing me more time – everything was saying we were ready, except us! It's really taught me the huge lesson that sometimes the universe gives you what you need, not what you want, but if you let go and stop trying to control everything, it will become exactly what you want. And that's what our baby James is for us - he's exactly what we need, and it is such a happy ending.' *



How one tweet BLEW UP JUSTINE SACCO'S

Jon Ronson, author of So You've Been Publicly Shamed, suggests that we tweet to get attention. But get it wrong, and strangers will delight in taking you down. Ronson used to be one of them. Now, he wonders whether it goes too far.



s she made the long journey from
New York to South Africa, to visit
family during the holidays in
2013, Justine Sacco, 30 years
old and the senior director of
corporate communications at
IAC, began tweeting acerbic
little jokes about the

indignities of travel. There was one about a fellow passenger on the flight from John F. Kennedy International Airport:

"Weird German Dude: You're in First Class. It's 2014. Get some deodorant." – Inner monologue as I inhale BO. Thank God for pharmaceuticals.'

During her layover at Heathrow: 'Chilly – cucumber sandwiches – bad teeth. Back in London!'

And on 20 December, before the

final leg of her trip to Cape Town: 'Going to Africa. Hope I don't get AIDS. Just kidding. I'm white!'

She chuckled to herself as she pressed send on this last one, then wandered around Heathrow's international terminal for half an hour, sporadically checking her phone. No one replied, which didn't surprise her. She had only 170 Twitter followers.

Sacco boarded the plane. It was an 11-hour flight, so she slept. When the plane landed in Cape Town and was taxiing on the runway, she turned on her phone. Right away, she got a text from someone she hadn't spoken to since high school: 'I'm so sorry to see what's happening.' Sacco looked at it, baffled.

Then another text: 'You need to call me immediately.' It was from her best friend, Hannah. Then her phone exploded with more texts and alerts. And then it rang. It was Hannah. 'You're the No. 1 worldwide trend on Twitter right now,' she said.

Sacco's Twitter feed had become a horror show:

'In light of @JustineSacco disgusting racist tweet, I'm donating to @care today'; 'How did @ JustineSacco get a PR job?! Her level of racist ignorance belongs on Fox News. #AIDS can affect anyone!' and 'I'm an IAC employee and I don't want @JustineSacco doing any communications on our behalf ever again. Ever.' And then one from her employer, IAC, the corporate owner of The Daily Beast, OKCupid and Vimeo: 'This is an outrageous, offensive comment. Employee in question currently unreachable on an intl flight.'

The anger soon turned to excitement: 'All I want for Christmas is to see @JustineSacco's face when her plane lands and she checks her inbox/voicemail'; 'Oh man,

@JustineSacco is going to have the most painful phone-turning-on moment ever when her plane lands' and 'We are about to watch this @ JustineSacco bitch get fired. In REAL time. Before she even KNOWS she's getting fired.'

The furore over Sacco's tweet had become not just an ideological crusade against her perceived bigotry but also a form of idle entertainment. Her complete ignorance of her predicament for those 11 hours lent

'You're the

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had become a

horror show.

Sacco's

Twitter feed

the episode both dramatic irony and a pleasing narrative arc. As Sacco's flight traversed the length of Africa, a hashtag began to trend worldwide: #Has-JustineLandedYet. 'Seriously. I just want to go home to go to bed, but everyone at the bar is SO into #HasJustine-LandedYet. Can't

look away. Can't leave' and 'Right, is there no one in Cape Town going to the airport to tweet her arrival? Come on, Twitter! I'd like pictures #HasJustineLandedYet.'

A Twitter user did indeed go to the airport to tweet her arrival. He took her photograph and posted it online. 'Yup,' he wrote, '@Justine-Sacco HAS in fact landed at Cape Town International. She's decided to wear sunnies as a disguise.'

By the time Sacco had touched down, tens of thousands of angry tweets had been sent in response to her joke. Hannah, meanwhile, frantically deleted her friend's tweet and her account - Sacco didn't want to look - but it was far too late. 'Sorry @JustineSacco,' wrote one Twitter user, 'your tweet lives on forever'.

In the early days of Twitter, I was a keen shamer. When newspaper columnists made racist or homophobic statements, I joined the pile-on. Sometimes I led it. The journalist A.A. Gill once wrote a column about shooting a baboon on safari in Tanzania: 'I'm told they can be tricky to shoot. They run up trees, hang on for grim life. They die hard, baboons. But not this one. A softnosed .357 blew his lungs out.' Gill did the deed because he 'wanted to

> get a sense of what it might be like to kill someone, a stranger'.

> I was among the first people to alert social media. (This was because Gill always gave my television documentaries bad reviews, so I tended to keep a vigilant eye on things he could be got for.) Within minutes, it was everywhere.

Amid the hundreds of congratulatory messages I received, one stuck out: 'Were you a bully at school?'

Still, in those early days, the collective fury felt righteous, powerful and effective. It felt as if hierarchies were being dismantled, as if justice were being democratised. As time passed, though, I watched these shame campaigns multiply, to the point that they targeted not just powerful institutions and public figures but really anyone perceived to have done something offensive. I also began to marvel at the disconnect between the severity of the crime and the gleeful savagery of the punishment. It almost felt as if shamings were now happening for their own sake, as if they were following a script.

Eventually I started to wonder

about the recipients of our shamings, the real humans who were the virtual targets of these campaigns. So for the past two years, I've been interviewing individuals like Justine Sacco: everyday people pilloried brutally, most often for posting some poorly considered joke on social media. Whenever possible, I have met them in person, to truly grasp the emotional toll at the other end of our screens. The people I met were mostly unemployed, fired for their transgres-

sions, and they seemed broken somehow deeply confused and traumatised.

One person I met was Lindsey Stone, a 32-year-old Massachusetts woman who posed for a photograph while mocking a sign at Arlington National Cemetery's Tomb of the Unknowns. Stone had stood next to the sign, which asks for 'Silence and Respect', pretending to scream and flip the bird. She and her co-worker

Jamie, who posted the picture on Facebook, had a running joke about disobeying signs - smoking in front of No Smoking signs, for example - and documenting it. But shorn of this context, her picture appeared to be a joke not about a sign but about the war dead. Worse, Jamie didn't realise that her mobile uploads were visible to the public.

Four weeks later, Stone and Jamie were out celebrating Jamie's birthday when their phones started vibrating repeatedly. Someone had found the photo and brought it to the attention of hordes of online strangers. Soon there was a wildly popular 'Fire Lindsey Stone' Facebook page. The next morning, there were news

cameras outside her home; when she showed up to her job, at a programme for developmentally disabled adults, she was told to hand over her keys. ('After they fire her, maybe she needs to sign up as a client,' read one of the thousands of Facebook messages denouncing her. 'Woman needs help.') She barely left home for the year that followed, racked by PTSD, depression and insomnia. 'I didn't want to be seen by anyone,' she told me last March

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coming.

at her home in Plymouth, Massachusetts. 'I didn't want people looking at me.'

Instead, Stone spent her days online, watching others just like her get turned upon. In particular she felt for 'that girl at Halloween who dressed as a Boston Marathon victim. I felt so terrible for her'. She meant Alicia Ann Lynch, 22, who posted a photo of herself in her Halloween costume on Twitter.

Lynch wore a running outfit and had smeared her face, arms and legs with fake blood. After an actual victim of the Boston Marathon bombing tweeted at her, 'You should be ashamed, my mother lost both her legs and I almost died,' people unearthed Lynch's personal information and sent her and her friends threatening messages. Lynch was reportedly let go from her job as well.

I met a man who, in early 2013, had been sitting at a conference for tech developers in Santa Clara, California, when a stupid joke popped into his head. It was about the attachments for computers and mobile devices that are commonly called dongles. He murmured the

joke to his friend sitting next to him, he told me. 'It was so bad, I don't remember the exact words,' he said. 'Something about a fictitious piece of hardware that has a really big dongle, a ridiculous dongle. ... It wasn't even conversation-level volume.'

Moments later, he half-noticed when a woman one row in front of them stood up, turned around and took a photograph. He thought she was taking a crowd shot, so he looked straight ahead, trying to avoid ruining her picture. It's a little painful to look at the photograph now, knowing what was coming.

The woman had, in fact, overheard the joke. She considered it to be emblematic of the gender imbalance that plagues the tech industry and the toxic, male-dominated corporate culture that arises from it. She tweeted the picture to her 9209 followers with the caption: 'Not cool. Jokes about ... "big" dongles right behind me.' Ten minutes later, he and his friend were taken into a quiet room at the conference and asked to explain themselves. Two days later, his boss called him into his office, and he was fired.

'I packed up all my stuff in a box,' he told me. (Like Stone and Sacco, he had never before talked on the record about what happened to him. He spoke on the condition of anonymity to avoid further damaging his career.) 'I went outside to call my wife. I'm not one to shed tears, but' - he paused - 'when I got in the car with my wife I just... I've got three kids. Getting fired was terrifying.'

The woman who took the photograph, Adria Richards, soon felt the wrath of the crowd herself. The man responsible for the dongle joke had posted about losing his job on Hacker News, an online forum popular with developers. This led to a backlash from the other end of the political spectrum. So-called men's rights activists and anonymous trolls



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bombarded Richards with death threats on Twitter and Facebook. Someone tweeted Richards's home address along with a photograph of a beheaded woman with duct tape over her mouth. Fearing for her life, she left her home, sleeping on friends' couches for the remainder of the year.

Next, her employer's website went down. Someone had launched a DDoS attack, which overwhelms a site's servers with repeated requests. SendGrid, her employer, was told the attacks would stop if Richards was fired. The next day she was publicly let go.

'I cried a lot during this time, journalled and escaped by watching movies,' she later said to me in an email. 'SendGrid threw me under the bus. I felt betraved. I felt abandoned. I felt ashamed. I felt rejected. I felt alone.'

Late one afternoon last year, I met Justine Sacco in New York, at a restaurant in Chelsea called Cookshop. Dressed in rather chic business attire, Sacco ordered a glass of white wine. Just three weeks had passed since her trip to Africa, and she was still a person of interest to the media. Websites had already ransacked her Twitter feed for more horrors. (For example, 'I had a sex dream about an autistic kid last night,' from 2012, was unearthed by BuzzFeed in the article '16 Tweets Justine Sacco Regrets'). A New York Post photographer had been following her to the gym.

'Only an insane person would think that white people don't get AIDS,' she told me. It was about the first thing she said to me when we sat down.

Sacco was three hours or so into her flight when retweets of her joke began to overwhelm my Twitter feed. I could understand why some people found it offensive. Read literally, she said that white people don't get AIDS, but it seems doubtful many interpreted it that way. More likely it was her apparently gleeful flaunting



of her privilege that angered people. But after thinking about her tweet for a few seconds more, I began to suspect that it wasn't racist but a reflexive critique of white privilege on our tendency to naïvely imagine ourselves immune from life's horrors. Sacco, like Stone, had been yanked violently out of the context of her small social circle. Right?

'To me it was so insane of a comment for anyone to make,' she said. 'I thought there was no way that anyone could possibly think it was literal.' (She would later write me an email to elaborate on this point. 'Unfortunately, I am not a character on South Park or a comedian, so I had no business commenting on the epidemic in such a politically incorrect manner on a public platform,' she wrote. 'To put it simply, I wasn't trying to raise awareness of AIDS or piss off the world or ruin my life. Living in America puts us in a bit of a bubble when it comes to what is going on in the third world. I was making fun of that bubble.')

I would be the only person she spoke to on the record about what happened to her, she said. It was just too harrowing - and 'as a publicist', inadvisable - but she felt it was necessary, to show how 'crazy' her situation was, how her punishment simply didn't fit the crime.

'I cried out my body weight in the first 24 hours,' she told me. 'It was incredibly traumatic. You don't sleep. You wake up in the middle of the night forgetting where you are.' She released an apology and cut short her vacation. Workers were threatening to strike at the hotels she had booked if she showed up. She was told no one could guarantee her safety.

Her extended family in South Africa were African National Congress supporters. They were longtime activists for racial equality. When Justine arrived at the family home from the airport, one of the first things her aunt said to her was: 'This is not what our family stands for. And now, by association, you've almost tarnished the family.'

As she told me this, Sacco started to cry. I sat looking at her for a moment. Then I tried to improve the mood. I told her that 'sometimes, things need to reach a brutal nadir before people see sense'.

'Wow,' she said. She dried her eyes. 'Of all the things I could have been in society's collective consciousness, it never struck me that I'd end up a brutal nadir.'

She glanced at her watch. It was nearly 6pm. The reason she wanted to meet me at this restaurant, and that she was wearing her work clothes, was that it was only a few blocks away from her office. At 6, she was



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due in there to clean out her desk.

'All of a sudden you don't know what you're supposed to do,' she said. 'If I don't start making steps to reclaim my identity and remind myself of who I am on a daily basis, then I might lose myself.'

The restaurant's manager approached our table. She sat down next to Sacco, fixed her with a look and said something in such a low

volume I couldn't hear it, only Sacco's reply: 'Oh, you think I'm going to be grateful for this?'

We agreed to meet again, but not for several months. She was determined to prove that she could turn her life around. 'I can't just sit at home and watch movies every day and cry and feel sorry for myself,' she said. 'I'm going to come back.'

After she left.

Sacco later told me, she got only as far as the lobby of her office building before she broke down crying.

A few days after meeting Sacco, I took a trip up to the Massachusetts Archives in Boston. I wanted to learn about the last era of American history when public shaming was a common form of punishment, so I was seeking out court transcripts from the 18th and early 19th centuries. I had assumed that the demise of public punishments was caused by the migration from villages to cities. Shame became ineffectual, I thought, because a person in the stocks could just lose himself or herself in the anonymous crowd as soon as the chastisement was over. Modernity had diminished shame's power to shame - or so I assumed.

I took my seat at a microfilm reader and began to scroll slowly through the archives. For the first hundred years, as far as I could tell, all that happened in America was that various people named Nathaniel had purchased land near rivers. I scrolled faster, finally reaching an account of an early Colonial-era shaming.

On 15 July, 1742, a woman named Abigail Gilpin, her husband at sea, had been found 'naked in bed with

Abigail was

appealing the ruling, but

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one John Russell'. They were both to be 'whipped at the public whipping post 20 stripes each'. Abigail was appealing the ruling, but it wasn't the whipping itself she wished to avoid. She was begging the judge to let her be whipped early, before the town awoke. 'If your honour pleases,' she wrote, 'take some pity on me for my dear children

who cannot help their unfortunate mother's failings'.

There was no record as to whether the judge consented to her plea, but I found a number of clips that offered clues as to why she might have requested private punishment. In a sermon, the Rev. Nathan Strong, of Hartford, Connecticut, entreated his flock to be less exuberant at executions. 'Go not to that place of horror with elevated spirits and gay hearts, for death is there! Justice and judgment are there!' Some papers published scathing reviews when public punishments were deemed too lenient by the crowd: 'Suppressed remarks ... were expressed by large numbers,' reported Delaware's Wilmington Daily Commercial of a disappointing 1873 whipping. 'Many were heard to say that the punishment was a farce... Drunken

fights and rows followed in rapid succession."

The movement against public shaming had gained momentum in 1787, when Benjamin Rush, a physician in Philadelphia and a signer of the Declaration of Independence, wrote a paper calling for its demise – the stocks, the pillory, the whipping post, the lot. 'Ignominy is universally acknowledged to be a worse punishment than death,' he wrote. 'It would seem strange that ignominy should ever have been adopted as a milder punishment than death, did we not know that the human mind seldom arrives at truth upon any subject till it has first reached the extremity of error.'

The pillory and whippings were abolished at the federal level in 1839, although Delaware kept the pillory until 1905 and whippings until 1972. An 1867 editorial in The Times excoriated the state for its obstinacy. 'If [the convicted person] had previously existing in his bosom a spark of self-respect this exposure to public shame utterly extinguishes it... The boy of 18 who is whipped at New Castle for larceny is in nine cases out of 10 ruined. With his self-respect destroyed and the taunt and sneer of public disgrace branded upon his forehead, he feels himself lost and abandoned by his fellows.'

At the archives, I found no evidence that punitive shaming fell out of fashion as a result of newfound anonymity. But I did find plenty of people from centuries past bemoaning the outsize cruelty of the practice, warning that well-meaning people, in a crowd, often take punishment too far.

It's possible that Sacco's fate would have been different had an anonymous tip not led a writer named Sam Biddle to the offending tweet. Biddle was then the editor of Valleywag, Gawker Media's techindustry blog. He retweeted it to his

KFC' Let's do the Fun-Do!



15000 followers and eventually posted it on Valleywag, accompanied by the headline, 'And Now, a Funny Holiday Joke From IAC's P.R. Boss.'

In January 2014, I received an email from Biddle, explaining his reasoning. 'The fact that she was a PR chief made it delicious,' he wrote. 'It's satisfying to be able to say, "Okay, let's make a racist tweet by a senior IAC employee count this time." And it did. I'd do it again.' Biddle said he was surprised to see how quickly her life was upended, however. 'I never wake up and hope I [get someone fired] that day – and certainly never hope to ruin anyone's life.' Still, he ended his email by saying that he had a feeling she'd be 'fine eventually, if not already'.

He added: 'Everyone's attention span is so short. They'll be mad about something new today.'

Four months after we first met, Justine Sacco made good on her promise. We met for lunch at a French bistro downtown. I told her what Biddle had said – about how she was probably fine now. I was sure he wasn't being deliberately glib, but like everyone who participates in mass online destruction, uninterested in learning that it comes with a cost.

'Well, I'm not fine yet,' Sacco said to me. 'I had a great career, and I loved my job, and it was taken away from me, and there was a lot of glory in that. Everybody else was very happy about that.'

Sacco pushed her food around on her plate, and let me in on one of the hidden costs of her experience. 'I'm single, so it's not like I can date, because we Google everyone we might date,' she said. 'That's been taken away from me too.' She was down, but I did notice one positive change in her. When I first met her, she talked about the shame she had brought on her family. But she no longer felt that way. Instead, she

said, she now just felt personally humiliated.

Biddle was almost right about one thing: Sacco did get a job offer right away. But it was an odd one, from the owner of a Florida yachting company. 'He said: "I saw what happened to you. I'm fully on your side,"' she told me. Sacco knew nothing about yachts, and she questioned his motives. ('Was he a crazy person who thinks white people can't get AIDS?') Eventually she turned him down.

After that, she left New York, going as far away as she could, to Addis Ababa, Ethiopia. She flew there alone and got a volunteer job doing PR for an NGO working to reduce maternal-mortality rates. 'It was fantastic,' she said. She was on her own, and she was working. If she was going to be made to suffer for a joke, she figured she should get something out of it. 'I never would have lived in Addis Ababa for a month otherwise,' she told me. She was struck by how different life was there. Rural areas had only intermittent power and no running water or Internet. Even the capital, she said, had few street names or house addresses.

Addis Ababa was great for a month, but she knew going in that she would not be there long. She was a New York City person. Sacco is nervy and sassy and sort of debonair. And so she returned to work at Hot or Not, which had been a popular site for rating strangers' looks on the pre-social Internet and was reinventing itself as a dating app.

But despite her near invisibility on social media, she was still ridiculed and demonised across the Internet. Biddle wrote a Valleywag post after she returned to the work force: 'Sacco, who apparently spent the last month hiding in Ethiopia after infuriating our species with an idiotic AIDS joke, is now a "marketing and promotion"

director at Hot or Not.'

'How perfect!' he wrote. 'Two lousy has-beens, gunning for a comeback together.'

Sacco felt this couldn't go on, so six weeks after our lunch, she invited Biddle out for a dinner and drinks. Afterward, she sent me an email. 'I think he has some real guilt about the issue,' she wrote. 'Not that he's retracted anything.' (Months later, Biddle would find himself at the wrong end of the Internet shame machine for tweeting a joke of his own: 'Bring Back Bullying.' On the one-year anniversary of the Sacco episode, he published a public apology to her on Gawker.)

Recently, I wrote to Sacco to tell her I was putting her story in *The Times*, and I asked her to meet me one final time to update me on her life. Her response was speedy. 'No way.' She explained that she had a new job in communications, though she wouldn't say where. She said, 'Anything that puts the spotlight on me is a negative.'

It was a profound reversal for Sacco. When I first met her, she was desperate to tell the tens of thousands of people who tore her apart how they had wronged her and to repair what remained of her public persona. But perhaps she had now come to understand that her shaming wasn't really about her at all. Social media is so perfectly designed to manipulate our desire for approval, and that is what led to her undoing. Her tormentors were instantly congratulated as they took Sacco down, bit by bit, and so they continued to do so. Their motivation was much the same as Sacco's own - a bid for the attention of strangers – as she milled about Heathrow, hoping to amuse people she couldn't see. &

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it. I was never sullen. I was a terrible punk – I was still so chatty.'

After high school, Melissa went to college to study fashion, but dropped out at 20 and ended up moving to New York at the behest of her high school buddy Brian Atwood - now a major shoe designer. She was crashing on his couch when he suggested she try her hand at standup comedy. 'He said, "You're going to do stand-up tonight," she told *The* Independent. 'And at 20, you're dumb and fearless, and I said "OK!" It was open-mic night at a local comedy club and Melissa took to the stage with nothing prepared. 'I did stand up one night, and that changed everything. I never went back.'

What followed was 10 years of stand-up comedy gigs, theatre work and improv classes. Melissa set a deadline: if she hadn't gotten her big break by 30, she was going to give up on her dream. Luckily for us, fate intervened. Just a week before her birthday, she got a call about an audition for the role of leading lady Lauren Graham's accident-prone BFF Sookie St James in the fasttalking cult classic Gilmore Girls. Another TV role followed in 2010 – Melissa's Emmy-winning role in the sitcom Mike & Molly, about a couple who meet at a weight-loss group and fall in love.

Despite her start in television, it was the big screen that made Melissa

'Ben makes me laugh a lot. I have – which I think will prolong my life for years – three or four really, really good belly laughs a day because of him.

a bona fide star. In 2011, she landed the role of Megan, the groom's wildly inappropriate sister, in the comedy hit Bridesmaids. The producers, who had initially envisioned Megan as anxious and highly strung, were sold when Melissa walked in wearing a men's bowling shirt and reimagined her as rough and overconfident. 'It [was] the funniest take on it I've ever seen,' says director Paul Feig. For Melissa, the role was a perfect fit. 'I've never been interested in playing the boring ingénue,' she told *Good* Housekeeping. 'I always wonder, "Who's her weird friend?" I like the oddballs.' The risk paid off: the role earned Melissa an Oscar nomination for Best Supporting Actress – and Hollywood's respect.

Since then, she's had one boxoffice hit after another. Buddy cop comedy The Heat with Sandra Bullock, *Identity Thief* with Jason Bateman and Tammy, which she co-wrote with her husband, Ben Falcone. Collectively the three movies have taken almost \$700m across the globe. And there's a lot more to look forward to - next month, Melissa is back on the big screen in action comedy Spy alongside Rose Byrne, Jude Law, Jason Statham and Miranda Hart, playing a desk-bound CIA analyst who transforms into a spy. She has lots more projects on the go, but the one we're most looking forward to is the reboot of the 1984 hit Ghostbusters, this time with an all-female team – Melissa, Kristen Wiig, Leslie Jones and Kate McKinnon (of SNL fame).

Audiences love her, but not everyone in weight-obsessed Hollywood has been as accepting. A particularly scathing 2013 review of *Identity Thief* drew international attention. Writing for *The New York* Observer, reviewer Rex Reed described Melissa as 'tractor-sized', calling her 'a gimmick comedian



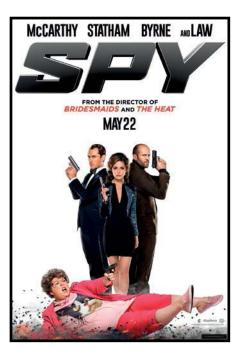
who has devoted her short career to being obese and obnoxious with equal success'. Melissa was understandably hurt, but (and this is why we love her) feels it reflects more on the writer than it does on her. 'I felt really bad for someone who is swimming in so much hate,' she told The New York Times. 'I just thought, that's someone who's in a really bad spot, and I am in such a happy spot. I laugh my head off every day with my husband and my kids who are mooning me and singing me songs.' But getting this review when she was 20, she says, would have crushed her.

Another recent article referred to her as 'America's plus-size sweetheart' - a label she doesn't appreciate either. 'It's like I'm managing to achieve all this success in spite of my affliction... Would you ever put that in the headline for a male star?'

But, she says, the haters won't get her down. 'I've always thought, "If you want somebody different, pick somebody else," she says. 'But sure, criticism can sometimes still get to me. Some things are so malicious, they knock the wind out of you.'

In recent months, Melissa has shed more than 20kg - reportedly by following a low-carb, high-protein diet. It's not about getting thin – it's about losing the extra weight that came with having two babies in three years, and working nonstop. 'You need to give yourself a break [after childbirth] to get your body working again,' she told Good Housekeeping. 'I ran right back to work. My back was just destroyed after pregnancy. I almost had to have surgery, until I did Pilates and rebuilt my body.'

She's also launching a range of plus-size clothing with designer Daniella Pearl - a venture she embarked on after struggling to find red carpet dresses. 'When I go shopping, most of the time I'm disappointed,' she says. 'Two Oscars ago, I couldn't find anybody to do a dress for me.



I asked five or six designers – very high-level ones who make lots of dresses for people - and they all said no.' Instead of feeling defeated, Melissa took action. 'I am plus-size, and the things out there are made either for a 16-year-old hooker or an 89-year-old grandmother of the bride - and they're made from the material used for haircutting capes,' she says.

But she is clearly not the type to anxiously watch the numbers on the scale. 'It's something I'm always working on,' she says, shrugging. 'Pretty much everyone I know, no matter what size, is trying some system. Even when someone gets to looking like she should be so proud of herself, instead she's like, "I could be another three pounds less; I could be a little taller and have bigger lips." Where does it end?'

When she's not out conquering the world, Melissa is completely devoted to her family – husband Ben and daughters Vivian (8) and Georgette (5). Melissa first met Ben 17 years ago at a writing class at Los Angeles' famed improv school The Groundlings. 'We met putting on terrible wigs and doing really hideous characters,' she says. 'I thought, if we

actually liked each other and wanted to date after seeing each other do the most hideous creatures, there's got to be something there.'

They've been married for almost 10 years. 'We have a great marriage, and outside forces can't really change that. Success doesn't define us, even though we love what we do. The important thing is our family and kids.' Her best advice for keeping the spark in her marriage alive? Laughter. '[Ben] makes me laugh a lot. I have – which I think will prolong my life for years – three or four really, really good belly laughs a day because of him.' And, of course, date night – although they prefer not to call it that. 'That's too much pressure. But at least once a week, we'll go to dinner, at like five o'clock, so we can get home and put the girls to bed. It's important for us to spend time together away from the kids, to reconnect. Otherwise, we're just texting each other grocery lists – "Don't forget the raisins" – and adding, "Oh, I love you, BTW" at the end."

Being a mother has changed her life. 'It's extreme everything,' she says. 'It's extremely tiring. It's extremely overwhelming in a good way. I just can't imagine or quite remember what it was like prior to that. The chaos, the noise, and the nuttiness, it just somehow makes it all better ... The bigger they get, the weirder and the funnier they get, and their true personalities come out. They surprise me every day. There's nothing quite like it.'

Even her kids, she says, are catching on to the fact that their mom is a star. '[Vivian] asked me, 'Are you famous?' And I said to her: 'Famous doesn't mean anything. Just because people know my face doesn't mean they know us or that it makes us any more interesting or better." *

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career

BY MARLI MEYER

est & worst hings you can do for ODUCTIVITY

PRODUCTIVITY BOOSTERS

1. Abandon willpower

We've been taught to think that more willpower is the answer to our productivity problem: with self-discipline, you can accomplish anything. But we're happy to tell you that one of the best things you can do is to let go of it! Willpower is a limited resource - like a muscle that can't stay flexed all the time. So what you use it on is crucial.

Choosing to get up rather than pressing the snooze button, choosing a salad instead of a cupcake for lunch, patiently asking your kids to get ready for bed for the fifth time when you really just want to drag them into their rooms and lock the door – we use our willpower from dawn to dusk. And as a result, most of us are running on empty.

In a 1998 study, psychology professor Roy Baumeister brought subjects into a room smelling of freshly baked cookies. They were asked to eat either the cookies on the table in front of them or radishes that were also available. Then they were given 30 minutes to complete a difficult geometric puzzle. Baumeister found that those who ate the radishes and had had to exert willpower not to

eat the cookies gave up on the puzzle after about eight minutes, while those who had enjoyed the cookies lasted nearly 19 minutes, on average. Drawing on willpower to resist the cookies, it seemed, drained the subjects' self-control.

Similarly, research subjects who were asked to exert emotional control over their reactions to a film later had less stamina and self-motivation to complete tasks. So this applies to all choices that require us to exert willpower – not only food temptations. Which is why a growing body of researchers now view willpower as a muscle that can become fatigued and should only be flexed selectively.

2. Create habits and a routine & start now!

If you're not using willpower to get things done, you need to have systems in place that make the smaller decisions automatic so you don't waste precious willpower on irrelevant tasks. For example, rather than sporadically checking your emails throughout the day, check them and respond at set times. And stick to this schedule. Robin Sharma, bestselling author of The Monk Who Sold His Ferrari and The Leader Who Had No Title, swears by checking email in the afternoon to save energy and willpower for the productive hours in

the morning. Julie Morgenstern, who wrote Organizing From The Inside Out has three principles for making email the powerful tool it is rather than the derailer it can become:

- Completely avoid email for the first 1-2 hours of the day. Instead, work on making progress on an important project for 30–45 minutes first thing in the morning.
- Batch-process emails at designated times throughout the day and treat it as a focused task.
- Completely avoid email for the last hour of the day.

Similarly, Elizabeth Grace Saunders, author of The Three Secrets to Effective Time Investment, recommends checking your email once a day, during the first 1–2 hours. There are various theories about what time you should do it, but the premise is the same: check your email at set times – ideally one set time. This applies to social media, too.

Another essential habit is to get started right away. Research by Professor Emeritus of Psychology at the University of Mississippi, Kenneth McGraw, showed that often our biggest barrier to success is failing to make a start. We procrastinate on large projects because we visualise the worst parts. Studies have shown that 90 percent of subjects asked to complete a puzzle for which they

were given too little time went back to it even after their time was up. Starting is the trick!

According to social psychology and automaticity expert John Bargh, our brains try to simulate real productive work by avoiding big projects and focusing on small tasks that you can tick off your list: 'Big presentation tomorrow, I'd better reorganise my cupboard and paint my nails.' Ring a bell? Thought so. But there's a difference between productive and busy, and routine practices and habits help us avoid busying ourselves instead of getting things done. Hacks don't achieve lasting results, habits do. And routines and systems aid habit creation.

3. Think about your day the night before

In the same way that routine can help your brain focus on the important work, thinking about, or visualising, your day before you go to bed can give you the momentum you lack at the start of a day. If you've planned what to wear, time for your coffee, time to get ready (and any other minor details) and you already know when they will happen, you increase the level of automation of your routine, which then becomes habit. Planning the 'fluff' gives your brain space to glide through everyday things and focus on the big tasks.

Steve Jobs firmly believed in the Big 5 For The Day approach: you think of the five things you have to accomplish the next day. When you have these in mind the night before, you can begin your day with focus.

4. Sleep more

Duh, right? Well, we'll say it again. Lack of sleep has been proven to decrease productivity a thousand times over – we don't need to go into that. But what we do find interesting is the finding that lack of sleep directly affects willpower. Kelly McGonigal, author of The Willpower Instinct, has shown that the prefrontal cortex in our brain is the 'willpower centre' (so to speak) and it needs two things to function optimally: good food and enough sleep.

If you're wondering how much sleep is enough, here's a rough guide: in a recent study, acclaimed sleep researcher Daniel Kripke found that people who sleep between 6,5 hours and 7,5 hours a night live the longest, are happier and are the most productive. Jim Horne, author of Sleepfaring, also found that women need 20 minutes more sleep than men, on average, because our brains are wired differently. But the key is to find your own sweet spot – too much can be as bad as too little.

5. Set clear goals

It is vital to edit and clear up our goals - most commonly to-do lists in order to get things done. Unclear goals leave space for distraction. And, presented with a distraction, the human brain is wired to make intuitive decisions that we have to override with willpower.

By setting clear goals and having a system to help us achieve them, we help our brains focus on what counts. Stanford psychologist B J Fogg explains that 'goals are harmful unless they guide you to make specific behaviours easier to do. So, how do you change vague goals into clear ones? Break the goal down. Don't focus your motivation on doing Behaviour X. Instead, focus on making Behaviour X easier to do.' In other

words, instead of saying 'work on proposal' on your task list, say 'finish introduction for proposal', 'find and complete sources list' etc. This changes the end goal, which often seems like a mountain, into a range of more manageable molehills.

WORST ENEMIES OF PRODUCTIVITY

1. Multitasking

Our brains do not function optimally when doing multiple tasks at once. It's impossible to concentrate on two tasks at the same time. You pay a mental price every time you switch between tasks, which you'll be doing at a rapid rate when multitasking. The sense of accomplishment we get from multitasking is misguided.

The late Stanford researcher Clifford Nass evaluated the efficiency of multitaskers, specifically their ability to filter information, switch between tasks and maintain a high working memory. The result? They were useless at all three. Researchers also found that our brains function at a substandard level as multitasking adversely affects how we learn.

Instead of multitasking, Dr Paul Hammerness and Margaret Moore, authors of Organize Your Mind, Organize Your Life, recommend 'set-shifting' - consciously shifting your focus from one task to another. The rules? Only think about the task

Our three top tips for super sleep:

- Reserve your bed for two things only: sleep and sex. Watching TV or doing some work in bed seems relaxing, but it's ruining your sleep. Your brain should associate only sleep and sex with your bed, otherwise winding down becomes complicated.
- If you snooze, snooze for longer. Your body benefits

from sleep that lasts 20 minutes or more (that's why 20 minutes is the perfect power nap time). If you must snooze, set your snooze button for 20-minute intervals. Otherwise revise the time you set your alarm to a more realistic waking time.

 Have two bedtimes. One can be called Switch Off,

say, when anything stressful is shut down - cellphones, emails, TV. You need to wind down so that the time you allocate for sleep is spent doing just that. The second bedtime is Lights Out - the lights are turned off and you close your eyes. The recommended space between the two is 30 minutes to an hour.



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you are currently focusing on and block out other tasks and distractions. Easier said than done, perhaps, but a skill worth acquiring.

2. Making long to-do lists

Instead of prioritising tasks on your to-do list from most to least important, plan your day in time slots with breaks. But do write down what you need to complete because - as David Allen, author of Getting Things Done explains in a video interview with Fastcompany.com - 'your head's designed for making intuitive choices about stuff, not for remembering and reminding'. When you fill your head with reminders and lists instead of writing these down, your thoughts are all over the show and you risk over-committing.

Time-slotting solves two problems that to-do lists create. First, it stops you putting the most important task at the top of your list. Research by Janet Polivy, a psychology professor specialising in eating behaviour and self-regulation/self-change, showed that we avoid committing to big projects and long-term goals because our brains are overwhelmed. We often abandon ship at the first sign of distress and are then disappointed by our output. But it's because that scary, mountain-sized task is sitting at the top of our list signalling impending doom. Professor John Perry, who wrote The Art Of Procrastination, explains that we need to trick our brains into not dreading a certain task by moving it slightly lower down on the list. 'The trick is to pick the right sorts of projects for the top of the list. The ideal sorts of things have two characteristics. First, they seem to have clear deadlines (but really don't). Second, they seem awfully important (but really aren't).'

When you get the ball rolling with these tasks, and you get into the 'zone', that Doom Project will become just another task to complete.

Secondly, you're held accountable

by time. If you're aware of where your time is going, you can use it more consciously. Effective time allocation is a longer productive time of 90 minutes followed by a shorter break of no more than 15-20 minutes. This allows you to go 'all-in' for spurts of intense productivity, as Gregory Ciotti from www.sparringmind.com suggests.

3. Saying yes

People tend to think a 'yes' to every request makes them seem more reliable, enthusiastic and easier to work with, but it really doesn't if their productivity suffers as a result. What makes saying no so difficult? We're doing it wrong! A 2012 Journal of Consumer Research study looked at the language we use in self-talk and the role that it played as a feedback mechanism for our brains. Subjects who turned down tasks using the words 'I don't' were able to say no significantly more times than those using 'I can't'. Why? Saying 'I can't do X for you' is a reminder that you have limits and that you are incapable of doing everything you are asked to. On the other hand, saying 'I don't do X' gives your brain feedback that you are in control and that you made the choice because you are empowered to do so.

4. Holding onto control

You'll never be able to control everything, so delegating appropriately is extremely important for productivity. If you delegate, do it fully. If you are unable to delegate wholeheartedly you're probably delegating to the wrong person, or you aren't letting them run with it.

Partial delegation causes a problematic loop in any situation. It works like this: you delegate a task. You don't delegate fully and check up and micromanage progress. The person you delegated to senses your lack of trust, and starts doubting themselves or, worse, becomes

unsure of what exactly you wanted from them. You sense their uncertainty, go back on your decision to delegate to them and take back control. The result is a negative loop and wasted time.

If you struggle to decide which tasks to delegate and which to do yourself, behaviour and habit expert, James Clear (www.jamesclear.com) recommends the Eisenhower Box (download it from his website) to help you categorise tasks into:

- 1. Urgent and important (tasks you do immediately).
- 2. Important, but not urgent (tasks you schedule to do later).
- 3. Urgent, but not important (tasks you delegate to someone else).
- **4.** Neither urgent nor important (tasks that you eliminate).

5. Relying on task management systems

Task management apps may help some people, but procrastinators must beware of two traps:

- Filing away These apps are built for making notes (voice memos or written notes) that can be filed away to be dealt with later. Later is precisely the problem, according to David Allen, who believes that filing notes about things to return to ends up as information that goes back into your head because you haven't made clear tasks of them.
- Delaying decision-making Vivian Rosenthal, founder and CEO

of Snaps, finds quick decisionmaking the best way to conquer big roadblocks and overcome procrastination. She believes that you should trust your intuition (and practise it) to the extent that you should be able to make any decision in nine or less seconds. If you don't make a decision when confronted with it, when you return to it later, you spend energy trying to place the issue in context and figuring out why it was important or not. &



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LTHE GREAT

Five commentators share their insights as to why our Rainbow Nation seems to be fragmenting into shades of the past.



Linda Soga Mateza A professional in the investment management industry

Is there anything about racism that has not already been said?

In South Africa, race is always with us. The laws of apartheid may be gone, but the effects of the system linger in our collective psyche, in power structures, and in how we relate. We continue to deal with deep-seated, complex assumptions about ourselves and other race groups.

As black professionals working in corporate environments, my peers and I do not experience overt racism. I have never heard the k-word or other derogatory terms used in the office, nor have I ever been told that certain jobs or opportunities are reserved for white people. We do not experience apartheid-era racism. What we experience is far

more subtle, but no less hurtful.

When related individually, experiences of racism can seem trivial, and you risk being seen as too sensitive or even being accused of 'playing the race card' when discussing them. However, we have to talk about our individual experiences, because they add up. The systematic undermining, patronising attitudes, and references to black executives who are assumed incompetent – only holding positions of power because of affirmative action or political connections strike a nerve even when they are generalised.

Cumulatively, these experiences kill confidence, resulting in low morale, low productivity, depression and finally, the 'sudden' resignations of senior black executives.

Racism resides in white privilege, in the informal power arrangements and relationships that make it easier for a white employee to clamber up the corporate ladder ahead of an equally qualified and competent black colleague. Apartheid ensured that the people at the top levels of organisations were mostly white and male. A 23-year-old white workplace entrant (let's call him Brad) can find common ground with a senior white executive, a common ground cultivated by similar schools attended, sports played, leisure pursuits, culture and language. This allows Brad to transcend the formal hierarchy and build relationships that are not available to his black counterpart with identical qualifications (let's call him Senzo). Brad gets to know about important strategic decisions within the company, and he is able to position himself for opportunities and be noticed above Senzo.

I don't think this is set up with malicious intent to exclude those who are different. I think people gravitate naturally to those who are similar to themselves. Besides Senzo, all the parties in this example may be oblivious to what they are doing and its effects. If I were to point it out to them, I would expect a reaction of outraged denial.

If we are serious about creating a united South Africa, a society that respects and values diversity, we have to be honest about the reality of this situation.

We have to talk about the accents. interests, and mannerisms black people have to affect and adopt to fit in with their white colleagues. We have to talk about why whiteness is normative and blackness has to mould and adapt itself to fit in.

We have to analyse the true status of transformation in our economy.

We all have work to do. White

people cannot afford to be oblivious to what their black counterparts experience. Black people need to drop their guard sometimes. We all have to acknowledge that the prisms through which we make sense of the world around us are shaped by our experiences, beliefs and baggage.

Perhaps the question is not whether there is anything new to say about racism, but rather whether we have really heard one another?

Pierre de Vos

Claude Leon Foundation Chair in Constitutional Governance, UCT Law Faculty

It was M who asked me why I greeted the cashier at our local Spar with such a lack of attentiveness. 'Why don't you ever ask her how she is? And you never ask after her family. It's as if you don't really see her.'

At the time M (my then lover) was studying towards a BComm degree at UCT. He was not politically active and would rather talk about Alexander McQueen's fall collection than about the upcoming local government election.

But M is black. Unlike me, he knows how it feels like to be invisible because of your race.

Later, M and I spoke about the many times we had walked into a store and I was served immediately while he was ignored. The times the waiter presented me (as the white person) with the wine list or the bill, while he knew more about wine than me and was going to pay the bill. We spoke about the time he went to Woolies after a gym session and how a (black) security guard followed him around to check whether he would steal anything.



I was mortified. In my family we prided ourselves on our 'open-mindedness'. We did not see ourselves as racists – despite the fact that we mindlessly enjoyed all the privileges that our white skins granted us.

Over time I came to realise that I am not free from deeply embedded racist attitudes. After all, I live in a country in which fellow South Africans were systematically discriminated against and oppressed for over 300 years.

The toxic ideology of white supremacy that permeated every aspect of our lives during apartheid did not

If you think racism is somebody else's problem you might not be strong enough to challenge it everywhere.

> miraculously disappear in 1994. Ideas which for so long structured how we think and how we live (to the advantage of all white people) are not going to evaporate because of a mere change of laws.

I might see myself as progressive and open-minded. On optimistic days I might even believe that I have conquered my racism; racism that is based on assumptions that are often invisible to me. But who knows? After all, many of the people involved in racist outbursts or

attacks also claim not to be racist.

I suspect racism is like alcoholism. You might be in recovery from it, but you are never completely free from it. It remains a constant struggle to identify it, challenge it, to speak out against it.

For many white people race is uncomfortable to speak about. No wonder, then, that we have not fully confronted the insidiousness of racism in our communities. Instead, many prefer to believe in the myth that we live in a 'post-racial' society.

When I read about vet another racist outburst or attack in South Africa, I am not surprised. If you treat anti-racism as an event (one that occurred in 1994), you are not likely to identify, confront and work to overcome the racial prejudices you might not even be aware of.

If you think racism is somebody else's problem you might not be strong enough to challenge it everywhere. You might not realise that by remaining silent you become an accomplice to the racism of your neighbour, your husband, your employer, or your mother or father.

Speaking out against racism is one way of making a difference. Another is challenging racial discrimination in the Equality Court. (You do not need a lawyer and neither do you have to be the victim to do so.)

What are you waiting for?

Fatima Chohan Deputy Minister of Home Affairs



'We are all racists,' said one of my dinner guests with quiet candour. The truth of the statement was selfevident to us, a group of activists from diverse

backgrounds. In our formative years we had all been exposed to the tragic effects of a racist, abnormal society. We had all experienced, in different ways, the violence of those bleak days in the '60s, '70s and '80s, when apartheid repression was at its height.

Racism prevailed in South African society then. Interracial relationships and marriages were prohibited by law, the freedom of movement of the majority of citizens was curtailed, reducing us to foreigners in our own country. Children of different races were prohibited from playing together or getting to know each other - whether in schools or on the sports fields or the beach - and black people were robbed of their dignity, their land, their homes.

their ability to earn a living by participating freely in the economy, and equal education opportunities – in effect,

of the opportunity to simply attain their human potential.

My friend's statement was an acknowledgement of the fact that each of us, whether black or white, had been brought up viewing the other through a distorted racial prism, and had lived through a system so vicious the United Nations termed it 'a crime against humanity'. So we couldn't help but develop abnormal attitudes, particularly with regard to race, but also with regard to gender relations and even seemingly less contentious issues such as democracy.

The idea of the superiority of their race was encouraged and entrenched among white South Africans and forged in exclusionary theological teachings. Apartheid dehumanised and desensitised white people by separating them from the rest of the population so that they lived in abnormal seclusion. In recognition of this, the political teachings of the Congress movement were geared toward the liberation of all South Africans, both black and

white, from the crime of apartheid.

The recent spate of racially motivated assaults and killings, including shameless attacks on foreign nationals in some of our townships, has prompted the question: 'What's gone wrong?' This presupposes that we'd previously done all the right things, and that now, somehow, matters have taken a wrong turn. But didn't we wake up on the morning of 27 April 1994 exactly the same people we were the night before? The fact is, we were all damaged by apartheid, and continue to be affected by it.

In most public bodies diversity has been successfully implemented, with 'transformation' the buzzword of the last two decades. But while

'We are all racists,' said one of my dinner guests, with quiet candour.

it is a good starting point, diversity alone does not address the challenge posed by the term 'transformation', and without fundamental shifts in attitudes, diversity cannot eradicate racism. The reality is that we have a long way to go to reverse the effects of over 300 years of 'colonialism of a special type'.

Today it is not socially acceptable to admit to having racist tendencies; people take offence when accused of this as racism has become such an awful, demeaning and hateful word, conjuring an awful, demeaning and hateful past. But if you cannot clearly 'identify the mischief' (to borrow Dr Nkosazana Dlamini-Zuma's favourite phrase), you cannot fix it. If we can't acknowledge the racism in ourselves, how then shall we fix it?

Some suggest that our hope lies in our children, the so-called born-frees. And yes, they're exposed to greater diversity and have the opportunity to forge relationships across racial barriers, but they remain products of a fractured, unreconciled society.

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I describe myself with adjectives not demographic classifications.

To transform into the society envisioned in our progressive Constitution, we all have to personally commit to accepting that we have a problem – something like the AA introduction: 'Hi, I am Fatima and I am a racist.' No judgement. The next step must be to concertedly educate ourselves about how oppression functioned in our not-so-distant past and how it continues to manifest: how we contributed and continue to contribute to perpetuating a racist and unequal society. In short, we must want to be different and we must care enough to live in a society that is fair, and truly equal. This is our ongoing challenge, and one we must continue to meet head-on.

Gareth Cliff

President and founder CliffCentral.com

You know what? I'm bored with race.

There it is – the most controversial thing I have ever said, ever. Not the fat people stuff, the Zuma stuff, the cripple children stuff or the Down Syndrome stuff. Do you want to know why?

Everything in South Africa is racial. The hairdresser - 'Can she do black hair?'; getting your licence - 'If I weren't white I'd have been helped before that man!'; a sports game - 'Well, you know football is mostly for blacks...'; shopping -'rich whites shop there, they don't stock much for blacks'. Even 95% of our best comedians tell jokes about race. We can't even get away from this stuff in our spare time. Shut up already, it's enough.

Try a little experiment. Count, just for a day, the number of times your or someone else's race comes up in private or public. Keep a race log. Don't just log the things that offend you or are overtly racial (not to mention

racist) – but every time a throwaway witticism is parlayed around the lunch table at one of those awkward corporate functions. 'This is our side of the table, ha ha!', 'Oh, you're from Sowet-OH?', 'You speak so well, were your parents in exile?' and just about everything to do with politics – all of those count. You'll have to pay attention if you want to be accurate. My guess is that by 6pm you'll have run out of memory to store the log on your 3TB hard drive.

I don't want to have these conversations in my leisure time any more. Fellow white people, please don't assume I hate the ANC, or that I feel like complaining about Eskom or crime. Here and now, I'll state it plainly: I DON'T WANT TO HEAR ABOUT HOW YOU'RE GOING TO EMIGRATE. Just go; chances are most of us will be over the moon that we can talk about things we really like and enjoy – like drinks, odd-looking people, a great song or the Rinderpest of 1895. Fellow black people, my default position isn't to hate or fear you. My colleagues are black, my neighbour is black and for all I know I'll have black relatives in no more than a generation. I understand just enough Setswana and Zulu to know when you're talking about me – and you don't have to hide the fact that you think I'm a spoiled, patronising ass of a man – the ladies at the party last week didn't, and we argued happily into the night.

Being white isn't the most important thing about me. It isn't even in my top 10. I describe myself with adjectives – not demographic classifications. I like to think I'm funny, curious, emotionally complicated and sometimes wrong. I don't like being called white, male, straight or in LSM 10. Those things tell you nothing about me. Spend three minutes reading someone's Twitter feed and you know more about him or her than the census could ever tell you. Try this: Ask someone to describe



themselves in a few words. If one of those words is their race or gender, you've got a problem on your hands - they're probably going to need some therapy and a hug.

The apartheid government classified us and told us that was the most important thing about us. Many are still traumatised. Politicians want to keep doing that – fear and insecurity gets them votes. We have to stop and remind them that we're individuals.

Can we talk about this clip I watched on YouPorn last week...

Patricia de Lille Executive Mayor of the City of Cape Town



Racism is a problem for South Africa. We come from a place of bitter division and oppression,

where the idea of human rights was foreign to most. We had to wait until the Constitution was passed in 1996 for human rights to become the ultimate source of law in SA. We may have formal consensus on this point now, but that doesn't always translate into a lived reality. It is one thing to formally adopt a respect for

human rights, and quite another to live that respect. And it's in the space between these disparities that acts of racism, homophobia, sexism, and other discriminations occur. People who have always enjoyed formal rights fail to see the rights of others and don't understand their role in activating a culture of respect.

Our history was structured along racial segregation for centuries, so it's not surprising that that history lives with us today. History doesn't disappear into some forgotten place. It shows itself in how we relate to each other, understand each other, and interpret the world. Over centuries, the shared experience of history set different races against each other. And the apartheid system institutionalised that racial tension. Its imprint cannot be eradicated in two decades.

Racism has proven a particular barrier to an inclusive, rights-based culture for everyone. While the decent majority aren't racist, the minority's extreme views seem to have the power to create very dangerous perceptions. For me, the key to addressing the lack of respect for human rights is in united action under firm leadership. As a City government, we will not tolerate racists, sexists, or homophobes. And difficult as it might be to talk about racism, it is the responsibility of leaders to demonstrate courage and initiate these difficult conversations.

That is why I have proposed a race dialogue under the banner of the Inclusive City campaign. The City leadership wants to lead a programme with industry bodies to address individuals within the property, hospitality, university, religious, media, and retail sectors who cannot get past their prejudice. We want this accompanied by an interaction with all those who want to take a stand against racism. Together we will look at how people can activate those rights for themselves, and how we can activate the rights of others.

Civil society, including business, academia and religious bodies should also lead their own campaigns to fight racism and promote

reconciliation. To give human rights meaning and substance, we must do all we can to reject what goes against them. We need to build a future that remembers and understands our past but is not trapped by it.

Teresa Oakley-Smith Diversity Trainer: founder and CEO of Diversi-T



Though 21 vears have passed since 1994. black South Africans, especially Africans,

continue to experience prejudice and bigotry every day, and as white South Africans many of us continue to live in a bubble of 'whiteness' where our friends, acquaintances, our children's teachers and our doctors, priests, and other kinds of adult role models are all white. In our homes, the people who work for us in menial jobs continue to be black, so we are fooling ourselves if we believe that our children don't see colour.

In fact, children discern colour differences at around six months of age, and begin to articulate these differences at about three. The challenge in building non-racialism is not that our children see colour, it is what they ascribe to different colours in terms of superiority and inferiority that matters, because this is where prejudice and discrimination develop. So how can we as parents raise our children to be sensitive to race?

Firstly, we need to talk about race, openly and thoughtfully. There are many opportunities to talk about race with young children and to do so

Children discern colour differences at around six months of age, and begin to articulate these differences at about three.

> effectively it is essential that we don't resort to platitudes like 'God made all of us the same'. Instead, be more specific. When children talk about classmates being brown or white, say something like 'Yes, you see that in your class children have skin of different colours but they usually like doing the same things and they enjoy playing with each other. They can all be your friends.'

How you as an adult relate to people of other races will, more than anything else, determine how your children relate to people of other races. Children will pick up whether vou have friends of other races. They will note also how you relate to the helper in your home and, if this is disrespectful, it will send a strong message that this is the way to treat black people. Do you allow your child to call the helper by her first name? This is seen as disrespectful in an African community, so encourage your child to call the helper Aunt (and then her name). Our very young children want to be like us so they pay attention to how we live our lives and treat the people around us.

Parents who lead multicultural lives connecting with people from different race groups are more likely to raise children who do the same. It is impossible to shield our children from discrimination and bigotry but when we avoid talking about race, we run the risk of strengthening prejudice when our children encounter it. We need to model the behaviour we want, we need to discuss race openly and be brave enough to address discrimination when we see it. In this way we might raise the following generation free from racial prejudice and able to play their part in building a strong, united South Africa. &





'My weight is not a state secret. and now I

Melissa Cogle tried every diet. And though she'd lose weight at first, she'd pile it all back on – and more. Finally, she turned to bariatric surgery. She shares her story with us.

wasn't unhappy before I had my bariatric surgery. But I could have been happier. And I am happier now! I'm glad I was big because it developed my personality. I think if I'd been skinny all my life, I'd probably have been a bitch.

A lot of my friends and colleagues just saw my personality. They didn't see me as that size. When I show them the before pics they say, "I never remember you being that big."

As a big person you get stares, but I don't know if that affected me. You notice it – sometimes it's awkward. But with me, if you're not in my life, your opinion doesn't matter. That said, there were many things that played a role in my decision to go through with the surgery.

Fashion played a large part. Even if you're fashion-conscious, you can only wear certain things. You're limited to plus-size stores and it's no fun shopping there - they have "fugly" clothes.

And there's a stigma to being fat, which is hurtful. Skinny people are very judgemental. They think you overeat - they don't understand that there are medical reasons for your size. They shouldn't ask, "Why are you overweight?" What do you know? You have no grounds for saying, "You should do this and this and this." You don't know what an overweight person is going through, you've never been there.

Fat people tend not to be taken seriously, particularly in the workplace. People think you're a clown. You have to work extra hard to get where you want to be. When you



look a certain way, it's easier for you. That's the harsh reality.

I also saw that being that size was a bad reflection on my mom – she is a dance teacher. But she didn't make any comments. She was encouraging and just suggested diets. The weight issue comes from my dad's side of the family; he was big but he got into fitness at some point. I'm very close to him and I think he was a bit harsh because he was worried. His intentions were good but his comments didn't come across well.

I was very active until about standard four but then I rebelled -I didn't want to do sport any more. I started putting on weight and it spiralled out of control. And it's embarrassing to go to gym – people



stare at you even though you're there to do something about your weight. Instead of applauding you, they

I've done all the dieting – the injections, the Metabolism, Weigh-Less, the seven-day soup diet... The moment you stop, you just pile it back on - even double what you lost. When you reach a certain weight, these fast-fix diets don't work.

snigger. That's why overweight

people don't exercise.

All that weighing of your food and counting your calories on Weigh-Less was a bit finicky for me. That's not the kind of life I want to live. If you feel like having a piece of chocolate, you should be able to have a piece of chocolate - you just shouldn't have the whole slab or packet of chips. I also tried The Firm, just prior to making an appointment for bariatric surgery.

I get bored easily, which means

I can't follow a specific diet. If you have a different type of personality - if you're more persistent - I'm pretty sure that surgery would be your very, very last option.

Before I moved to Joburg in 2007 to study, I had done did a bit of research and decided I wanted to do the operation, but I couldn't fit it in. Then a couple of years ago, after speaking to a friend who'd had it done, I started researching it again. I came upon Waterfall City Hospital. What's nice is that they have a team - Professor Tessa van der Merwe (an endocrinologist), Dr Fetter (the bariatric surgeon), and a psychiatrist, a psychologist, and a dietician. They had a long waiting list - I called in September but only got an appointment in February 2013.

Before they consider doing the operation, they look at whether you have psychological issues. If you're depressed, they don't recommend you go ahead with the procedure. They try to treat the reason for your depression first, and for being overweight. They want to get you healthy. First, they put you on diet as you need to lose 10-15% of your weight. People ask, "If you can lose that amount of weight, why are you



Where your intestine is 7 metres, mine is 1,2 metres. I now have one long cylinder from my throat right down to my intestines.

going to have surgery?" Well, you can lose the weight, but once you stop dieting you'll just pick it up again.

The doctors send you for lung function and blood tests. If you have hypertension, cholesterol, they give you medication to get all that in line so there's no chance of complications during surgery. It's all about reducing risk. I was insulin resistant so they gave me medication to sort it out.

I also had sleep apnoea, which they had to address. I'd literally stop breathing while I was asleep. I had to do a sleep test and sleep with a C-PAP [continuous positive airway pressure] machine – it looks like a fighter pilot's mask - until the surgery. Afterwards, I didn't need it.

I had my surgery on 28 April 2013 a bilio pancreatic diversion (BDP). During this procedure, two-thirds of the stomach is removed or excluded, along with a long intestinal bypass. Where your intestine is 7m, mine is 1,2m. I now have one long cylinder from my throat right down to my intestines. This is to ensure you don't absorb fat but also causes malabsorption so my protein, vitamin D and iron levels are always an issue. I have to take supplements and eat a lot of protein for the rest of my life. And every six months, I have to go for bloods and a transfusion. With the 'egg' procedure, they don't touch your intestines, and only a yearly visit is required.

The procedure you undergo depends on the amount of weight you need to lose. The eventual weight loss after BDP is the best of all the operations. If your BMI is over 40, they recommend the bilio pancreatic diversion, but if you're below 40, it's the egg stomach.

I'm on Discovery Medical Aid, and if you're on the two highest packages, they pay 80% of the surgery. All in all, I'd say it cost about R200 000. I had to pay about R21 000. But I don't understand why they don't cover the pricey plastic surgery afterwards. You've lost the weight but you're walking around with excess skin. My arms are the worst. I'm getting that done soon.

After a BDP, you really can't overeat. Now, I can tell that I'm full - before, it was just eating for the sake of eating. Of course, if you force yourself to overeat, you can obviously pick up all the weight. Your stomach is a muscle, so you can stretch it back to that capacity.

Every six months you have to see your dietician. She checks your levels and then reworks your diet accordingly. With this procedure, you're given guidelines on what to eat; it's not as if they say you have to have 200g of steak and 100g of vegetables. You can eat pretty much what you want to but you shouldn't have creamy, fatty foods because they also take out your gall bladder during the BDP. If you eat fat, you're stuck in the bathroom for hours - you do get ill if you overdo it.

Breakfast is basically the only full meal I eat - a slice of toast with two eggs and cheese or meat because I have to build up my protein. Then I graze. I'd rather have six or eight

little things every two hours. I'm not really supposed to, but I can only do what I can do. Others who have done this tell me that they also graze.

This procedure is definitely not for everyone. It's hard work prior to the op and you have to have the discipline to do what the doctors tell you to do. You have to stop smoking at least two months before and after, and stop drinking. I'm in the ad industry, which is very social - so it was hard.

I think I'm more health-conscious now: I watch what I eat. But I do drink, and I'm a social smoker now. The doctors frown on this but if I'm going to give up everything I enjoy I might as well not have had this operation. You do stop to ask yourself, "Should I have that chocolate?"

When I see people I haven't seen in ages, they walk right past me and I have to go, "Hey, how rude, why don't you greet?" It feels good.

I'm definitely more physically active. Every morning and evening I take the dogs for a walk, and on weekends we play in the puppy park.

It's much easier to move, it's easier to get up stairs. I did a 5km walk the other day and I actually thought I should have done the 10, as it wasn't that hard. That was fun.

With this op you lose your muscles - there's only bone. That's why my mom is worried. She says I look anorexic and anaemic. So I have to build some muscle. It'll take a while. I'm thinking of doing pole fitness.

I don't think my personality has changed, though maybe I'm more assertive now. The kind of places I frequent are different. Before I'd go to a pub where you didn't really have to dance; I didn't participate as much. Now I'll dance and I'm a bit more forward, more outgoing. You get attention from different guys.

And wearing heels and nice clothes is quite awesome! &



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Marion Whitehead--

Freelance photojournalist and author of Passes & Poorts South Africa: Getaway's Top Scenic Mountain Routes (Jacana)



BUCCANEERS LODGE & CKPACKERS

www.cintsa.com

Where? North of East London at Chintsa West on the Jikeleza route Cost? En suite cabins from R680 a night; 2-bedroom beach cottages from R850 a night; dorm beds from R135 a night

Bookings: (043) 734 3012; buccaneers@cintsa.com

Since Bucs built four new cabins on stilts with great views of Chintsa Bay, I've had to revise my favourite accommodation option at this friendly establishment nestling in eight hectares of coastal forest. I'm happy to leave the dorms to young travellers and for years always asked for a rustic cottage with a river view. But the modern cabins' panoramic views blew me away - I could lie in bed or sit on the deck watching board-sailors on the river, horses cantering on the beach and surfers riding the breakers. Free activities at Bucs include canoeing on the river, volleyball and lounging around the sheltered pool.

Self-catering facilities are available, but why bother when Bucs dishes up tasty meals every evening?

If you're looking for a very chilled beach holiday with friends, family or just on your own, pull in here and prepare to destress.

CHALET

www.riverhotels.com

Where? Outside Port Alfred at Mansfield Private Game Reserve Cost? R295 per adult per night sharing

Bookings: (046) 624 8199, 079 968 0222: mansfield@riverhotels.com

Perched on the edge of a cliff

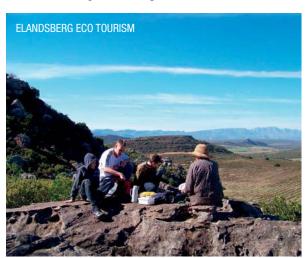
high above a bend in the Kowie River, where lazy sundowners on the deck easily morph into a laidback braai under the stars, it's not surprising that this is a favourite spot for those with romance in mind. There's no cellphone reception or electricity at this very private self-catering chalet, and hot water for the shower is provided by a wood-fired donkeyboiler. There are two extra beds in

For use by vvvaleha@gmail.com only. Distri on prohibited.





the open-plan room if you insist on bringing the kids, but the campsite next to the playground a couple of kilometres away on the river's edge at the Black Rock Restaurant (open only during high season) is a better bet for families. Hiking is permitted in the reserve and birding is good, but you can also book an informative game drive with a guide to see the plains game, which include giraffe, zebra and a range of antelope.



Where? 23km from Clanwilliam off the R364 to Lambert's Bay Cost? From R250 per person or R600 per apartment in low **Bookings:** (027) 482 2022, eland.eco@mweb.co.za Rooibos tea plantation and

CAPE

factory tours, combined with the

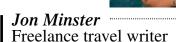
ELANDSBERG

ECO TOURISM

www.elandsberg.co.za

wonders of fynbos flowers, make for a fascinating visit to this 1600-hectare farm, where it's safe for kids to roam free-range, whether on their bikes or on foot. Two simply furnished units with kitchenettes overlook a glorious indigenous garden at the foot of a koppie outlined with weathered rock formations hiding fading rock paintings. It's a serene spot for a picnic. The one-bedroom apartments sleep

> four if you use the sleeper couch in the living area, and are wheelchair friendly, as is the braai boma in the garden. Meals are provided by arrangement and there's a gift shop, too. The indigenous garden attracts a variety of birds, so you can do a spot of rewarding birding just sitting on the deck or at the pool.



THE CAVERN

www.cavern.co.za

Where? Northern Drakensberg, 360km south-east of Joburg via the N3 and R74 or 280km northwest of Durban via the N3 and R74 Cost? From R1 040 per person sharing, including all meals. Contact the resort for winter specials. **Bookings:** (036) 438 6270

The Cavern is one of those classic family hotels where the facilities might be upgraded from time to time but the experience never changes. Young children still eat in their own special dining room and families still gather after dinner for bingo in the games room. The resort is still owned and managed by the Carte family and many of the staff have worked there long enough to see kids they looked after return with children of their own. All meals are included in the rate, and so are guided walks. You can eat yourself silly then burn off the calories in the Fern Forest or up Camel's Hump. Keen hikers will also be tempted by two Drakensberg classics nearby: the Tugela Gorge trail in the Royal Natal National Park and the Amphitheatre hike via the stomachturning chain ladders. Or you can just have another crunchie!





www.arnistonhotel.com

Where? Arniston, Western Cape, 210km south-east of Cape Town via the N2 and the R316. Cost? B&B from R750 for a pool-facing room from April to September (low season). Check the website for other winter specials - just the excuse to upgrade to a sea-facing room!

Not much happens in Arniston.

Bookings: (028) 445 9000

The sun comes up, the fishing boats depart, the wind blows clouds across the sun and turns the sea a thousand shades of blue and grey, the fishing boats return and the sun vanishes again in a blush of pink behind you.

The best place to watch the show is from the Arniston Hotel. Each sea-facing room has a big glass sliding door with an unobstructed view and a little veranda where you can sit with a book and a glass of wine.

If you get tired of lazing around, take your camera for a walk to neighbouring Kassiesbaai for classic shots of the whitewashed fishermen's cottages and the colourful boats, or scramble your way into the enormous Waenhuiskrans Cave at low tide - so named because a wagon and a span of oxen would be able to turn around inside.

Spoil yourself one last time with a dinner of grilled linefish (R110) or ostrich fillet (R125) at the hotel restaurant, while the moon rises over the sea.

KAROO KHAYA

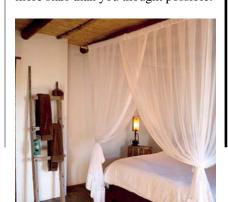
www.karookhaya.co.za

Where? Prince Albert, 390km north-east of Cape Town via the N1 and R328.

Cost? R310 per person sharing, breakfast R50 per person extra. **Bookings: (023) 541 1020**

Local town doctor Pete Reinders and his wife, Megan are

your hosts at this wonderful guesthouse on the outskirts of Prince Albert. There are two cottages and two selfcatering units available, with daughter Samantha's photos that make you want to sell your house and move to the Karoo. Soak in a Victorian bath or in the swimming pool, or show your children the goats and turkeys in the farmyard. Art galleries and restaurants are a short walk away, and if you have a vehicle with some ground clearance, take a drive up the hairpin bends on the northern side of the Swartberg Pass – probably SA's most spectacular mountain road. Come nightfall, light a fire in the boma and sip red wine as the sky fills with more stars than you thought possible.





Claire Keeton & Marianne Schwankhart 'Girls Gone Wild' authors of Wild Weekends - Places to Go, Things to Do (Bookstorm)

SANDDRIF HOLIDAY RESORT

W CAPE

www.cederberg.co.za/ sanddrif.html

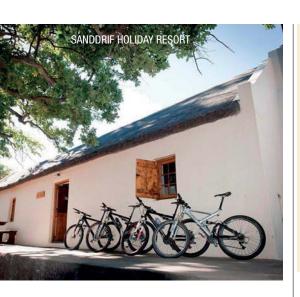
Where? The Cederberg is three hours' easy driving from Cape Town International Airport; take the N7 off the N1 highway. After Citrusdal, turn off the N7 at the Algeria/Cederberg sign.

Cost? Cottages: between R500-R800 per person for the first four people and under R150 per additional person; camping under R150 per person for four people per site and a small fee per additional person.

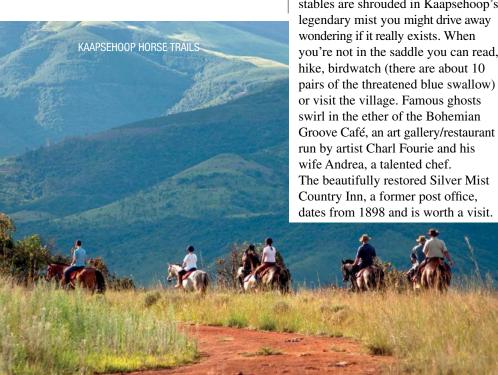
Bookings: (027) 482 2825; sanddrif@cederbergwine.com

For nearly 20 years I've been visiting the Cederberg conservancy, and every time I am awestruck by its beauty. Marianne felt the same way when we went on our first trip: impressed not only by the rock climbing but by its ancient magic. And since he was little, my son has loved the place. My favourite base is Sanddrif, on the banks of the Dwars River. It feels remote and has no cellphone reception. We stayed at Dollie Se Huis, a spacious thatched cottage with two bedrooms, a verandah, an outdoor braai area and a huge indoor fireplace. The willowy, green campsite next to the river has braai spots and electricity. Check whether any school groups will be camping there and visit out-





side of school holidays if you want undiluted peace. The hikes up to the Maltese Cross and Wolfberg Cracks and Arch, which wind through astonishing formations and across streams, are worth the effort – at the Cracks, the rock climbing is excellent too. And don't miss the walk along the Dwars River through the Valley of the Red Gods, which has rocky coves and stretches of wide sandy beaches. Another short hike, recommended by Sanddrif (we haven't done it yet), is the trail to the Stadsaal Caves, where you can see San paintings.



KAAPSEHOOP HORSE TRAILS

www.horsebacktrails.co.za

MP

Where? Half an hour from Nelspruit Cost? Stable accommodation: R150-R300 per person per night sharing. Guest house R800-1500 per night. Horse trails: R300-500 per person per ride

Bookings: 082 774 5826; info@ horsebacktrails.co.za (OR stay at Lambourn Cottage in the village: R800-R1500 per night for the cottage. 073 675 8731; www.kaapsehoop.com; info@kaapsehoop.net)

The quaint gold rush village of

Kaapsehoop is known for its 200 or so feral horses, which roam the forest in groups. So it's fitting that we set out on horseback on an icy blue morn, ambling through trees lit by shafts of green sunlight. Next day we followed another route. Our horses whinnied when they saw wild horses and let us move closer to have a look. Under their spell, we wound our way back to the stables. There are various accommodation options, including the trail house, stable house, guest house and Quinley Cottage. It is a dreamlike hideaway. I would imagine when the stables are shrouded in Kaapsehoop's you're not in the saddle you can read,



Adelle Horler -Travel writer and content director at New Media Publishing



OLIFANTSBOS COTTAGE. CAPE POINT

www.sanparks.org

Where? Inside the Cape of Good Hope section of the Table Mountain National Park. After the Cape Point entry gate, take the first right, signed Olifantsbos – the cottage is a further

Cost? R2 840 for 4 people (May to September), plus R360 per extra person, sleeps 12.

Read this: Mountains in the Sea by John Yeld and Martine Barker (Sanparks), a rich guide to the park, covering both its eco-diversity and its history.

Bookings: (021) 712 2337/0527 (This area of the park was damaged in the March fires, but is due to be reopened towards the middle of the year.)

Weekending inside Cape Point

allows you to feel smug at closing time when the daytrippers have to go, leaving just you and the wildlife, sea and stars for company. It's remote, secluded and wild – without the schlep of heading too far from the city. The open-plan main house has a fireplace and a well-equipped kitchen, sleeping six in three double rooms. The annex next door has more of a dormitory feel (so put the kids in there) with a bunk bed and four singles. A wooden boardwalk leads you down to a deck on a long, often seaweed-strewn beach.

Olifantsbos is also the start of the beautiful, not-too-strenuous Shipwreck Trail. About an hour along



the beach brings you to the wreck of the Thomas T Tucker, which ran aground in 1942 while hiding from German U-boats. Further on is the less impressive wreck of the Nolloth. before the path heads inland and gently up onto the ridge, along which you head back towards the cottage sufficiently exercised and deserving of a cosy fire.



FYNBOS COTTAGE, **CHURCHHAVEN**

www.perfecthideaways.co.za

Where? Just past Churchhaven itself, inside the West Coast National Park, off the R27, about 1,5 hours from Cape Town

Cost? R3 800, sleeps 8 Pack this: Any non-motorised watersport toys, like kayaks, standup paddleboards, kite surfers – the lagoon is perfect for mastering skills. **Bookings:** (021) 790 0972 or (021) 791 0142

Maybe it's the limited palette of

aqua, sandy-beige and grey-green that makes Churchhaven, on the slip of land that separates the Langebaan lagoon from the Atlantic, so peaceful. But if you can rouse yourself from lazily watching the tide rise and fall, a closer view of the coastal fynbos – on foot or by mountain bike - reveals purple and orange heathers, fat pink succulents and the colourful pop of a bright yellow bokmakierie or even a pink flamingo. Fynbos Cottage sits above the lagoon, giving



KZN

Michael Brett Tourism lecturer, author of Eyewitness Travel Guide: South Africa (Dorling Kindersley)

UMKHUZE GAME RESERVE (PART OF ISIMANGALISO WETLAND PARK)

www.kznwildlife.com

Where? 325km north of Durban. Turn off the N2 near Bayala and follow the dirt road for 2,6km to a T-junction. Head left for 11km and turn right onto the road meandering through the Lebombo for 7,3km to the entrance. A tarred road leads from the entrance gate to Mantuma Camp.

Cost? Ranges from R205 pp for a rest hut to R300 pp for a two-bed chalet and R350 pp for a safari tent. The exclusive Nhlonhlela Bush Lodge costs R2400 pn for eight visitors.

Bookings: (033) 845 1000



I first visited Umkhuze in 1972

and this reserve has never lost its magic. Nyala tiptoe through the sand forests and the haunting, 'du du du' call of the greenspotted dove can be heard everywhere. The reserve occupies the fertile plains situated east of the Lebombo Mountains, and game is plentiful. Visitors will see large numbers of impala, blue wildebeest, nyala, giraffe, warthog and zebra. During a recent visit we came across a leopard in a marula



species include black rhino, white rhino, elephant, buffalo, hippo, lion and cheetah. Umkhuze is famous for its game-viewing hides. During winter months, kuMasinga and kwaMalibala are the best. In the south of the reserve two new hides overlook Nsumu Pan, which soon yields fish eagle, Egyptian geese, openbill stork, pink-backed pelican and many others. Four categories of accommodation are on offer at Mantuma Camp, ranging from rest huts to safari tents and family cottages. The camp has a swimming pool and petrol pumps, and the Rhino Diner Takeaway provides affordable meals.

MALALA LODGE

www.malalalodge.com

Where? From the south, turn off the N2 at the Bushlands turn-off, 265km from Durban and 40km north of Mtubatuba, and take the road to the right for 1,7km to a T-junction and then head left for 1,2 km to the entrance gate to Malala.

KZN

Cost? From R520 per person self-catering, R605 pp for bed and breakfast and R810 pp for dinner, bed and breakfast. A two-night Safari Special (dinner, bed and breakfast) includes a guided game drive in HluhlweiMfolozi Park and costs R1930 pp, and the three-night special includes a game drive and a boat cruise on Lake St Lucia.

Bookings: 087 802 2857; info@malalalodge.com



This delightful family owned

and managed bush lodge offers seven self-contained chalets tucked into the dense Zululand bush and surrounding a central dining room, lounge, pub and swimming pool framed by palms and fig trees. There is a waterhole a short distance away and while I was enjoying a cup of tea next to the pool I saw nyala, zebra and impala coming to drink. A total of 272 bird species and 53 tree species have been identified by owners, Pete and Jane Harvey, and their sons, Paul and James, who are keen birdwatchers and naturalists.

Visitors can view game on foot and walk along the many trails that criss-cross the nature reserve. For guests who would like to visit the Hluhluwe-iMfolozi Park for the day, Memorial Gate is an easy 21km drive away. The western shores of Lake St Lucia were recently stocked with game and equipped with visitor facilities, and are easily accessed from the nearby road to Charter's Creek.

PUMULA BEACH HOTEL

www.pumulabeachhotel.com

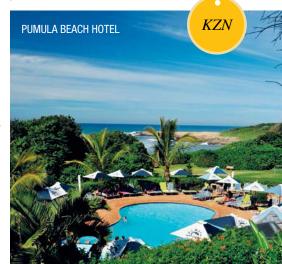
Where? Umzumbe, South Coast. Take the N2 south of Durban for 90km to the turn-off to the R102 to Hibberdene, Follow the R102 south for 8km. Turn off in Umzumbe to the right and cross over the R102. The route to the hotel is well sign-posted.

Cost? The tariff with all meals included is R1 075 pp. Children pay from R275 to R580, depending on their age. Out-of-season specials are available.

Bookings: (039) 684 6717; reservations@pumulabeachhotel.co.za

The coastal belt of KZN could have been the setting for the 1966 cult surfing movie Endless Summer. With an average annual temperature of 20,4°C in Durban, there really is no winter to speak of, and the seasons would be better termed rainy season (summer) and dry season (winter). Most of the 62 double or family rooms in this popular threestar family hotel face the sea, and from the terrace adjacent to the dining room it is a 50m stroll to the beach. The swimming pool and mini golf course below the terrace are backed by dense coastal bush.

The hotel is known for its superb food and it is not uncommon to see whales leaping out of the sea from the comfort of your table. A buffet is served at lunch and dinner, and tea is served on the terrace at 4pm. I have stayed at Pumula on a number of occasions and on a recent visit I was given the same room that I had stayed in previously. I like this type of attention to detail.





We all know the old cliché: 'Winners never quit and quitters never win'. But could it be that sometimes the best decision is to give up and move on?

hen last did
you see the
hero in a movie
back down from
a fight? Imagine
James Bond abandoning his mission, or Lady Grantham
backing off from a confrontation
– it just doesn't happen. And that's
because deep down, we believe that
quitting is synonymous with failure –
a sign of weakness and inability.

'Some people equate quitting with failure. But this is an extreme, all-or-nothing view,' says Kerstin Waddell, life coach at Be Happy Life Coaching. 'Instead, think of it as "letting go" of things that weigh us down. Sometimes it's worthwhile to persevere, but at other times, it's better to let go. The wisdom lies in knowing the difference. "Letting go"

or "moving on" is about recognising that you're making a change for yourself, for your greater good.'

Arianna Huffington, co-founder and editor in chief of *The Huffington Post*, has identified letting go as one of her steps towards living a fulfilled life. 'At the end of every day,' she advises, 'find something that no longer serves you – and drop it.' To do this, you must acknowledge that you have a problem and rephrase your thoughts about moving away from it. For instance, the idea of quitting a marriage or a personal goal is often perceived as 'bad', which is shaming. But quitting smoking is



socially encouraged and supported as the 'right' thing to do. As soon as things get labelled as good/bad or right/wrong, decisions can easily become clouded, Kerstin says. That's why changing our internal dialogue is crucial. Finally, the most difficult step is deciding when to let go.

Here are some of the questions we should routinely ask ourselves about the things in our lives we feel are no longer serving us so we can clarify whether or not we need to move on.

Am I doing it to please someone else?

We don't enjoy letting ourselves down - and often hate the idea of letting others down even more. But you need to ask why you're still doing something if it's not benefiting you in any way. You don't have to enjoy something for it to serve you - it's perfectly valid to continue with a course of action you don't enjoy because you're learning something new or even making money - as long as it's a conscious decision. But, says Kerstin, 'For many of us, this can be very difficult because we are extremely loyal, to the detriment of our own wellbeing. The other person's wellbeing is more important than our own - we don't want to let them down or leave them in the lurch.' Be brutally honest with yourself about your real motivation here: what are you really getting from being so selfless? The regard of others? Self-respect? Dependence from the person you're helping? And do any of these actually benefit the other person, or are they all about you? This might show you that you are actually benefiting somehow from your selflessness - and then you can honestly decide whether you really want to give that up or not.

Is it still fun?

So simple, but so often disregarded. It's important that you genuinely

enjoy yourself: 'Is there something else I'd rather be doing?' And if there is, it may be good time to drop it.

Am I going in circles?

Do you feel you're doing everything to make it work but the outcome is still not satisfying? Seth Godin, author of *The Dip: A Little Book* That Teaches You When To Quit, calls this a cul-de-sac: 'You work and work and work and nothing much changes,' he says. If you're at a dead end, stop trying to force a result. Hard work and dedication solve many things, but not EVERYthing.

Will it work out in the long run?

No short-term reward is worth it if it's not good for you in the long run. Decide whether your satisfaction is temporary. But remember that the opposite also applies. 'Never quit something with great long-term potential because you can't deal with the stress of the moment,' says Seth.

Am I stuck in a comfort

How can we know our true potential if we never leave our comfort zones? It's human nature to stick to what we know, but so many opportunities

await us beyond that. First let go of being comfortable. 'Sometimes letting go is less scary than you think. Like holding on to a ledge for dear life, only to discover the ground is just a few centimetres beneath you,' says Kerstin.

Am I hanging on because I've invested so much in it already?

We often hold on because of the time and effort we've already spent. This, in economics, is known as 'sunk costs' – costs you've already incurred and can never recover. 'Imagine you've trained for many many months for a race that would be a great achievement for you. But on the day, your body gives in; you're cramping and in extreme pain. 'The idea of not completing it is more painful to you than the threat to your health. You hang on despite all the signs indicating that you need to quit,' says Kerstin. But it's simply not worth the agony – no matter how hard we've worked at it.

Letting go can be liberating and fulfilling – and a real step towards success, rather than a measure of failure. All you need is the courage to ask yourself some hard questions – and the honesty to answer them. &

KERSTIN'S TOP TIPS FOR LETTING GO

Examine your inner dialogue, and notice the difference between quitting and letting go:

Quitting: 'I can't do this any more. I'm a failure. I give up. I've let myself down. I feel rebellious.'

Letting go: 'This isn't good for me. This isn't just a stumbling block or an excuse - I choose not to do this any more. This decision makes me feel light and at peace, even though I'm also scared of the unknown.'

Use your body and your heart to check in

Body: Is the thought of carrying on making you feel drained, heavy with dread or, as Martha Beck says, like you're shackled - or even sick? Heart: Anger and resentment are useful flags. The positive purpose of anger is to alert you to injustice and imbalance that need to be addressed. The longer we ignore anger, the bigger it has to grow – into rage – to be noticed. And then you may end up making a snap decision you'll regret.



Five years ago, surgeon Dr Jenny Edge launched an innovative course training nurses in primary clinics to recognise the early signs of breast cancer - a course now expanding throughout southern Africa.

don't want this to be about me.' It's an odd start to a profile piece, but Cape Town surgeon Dr Jenny Edge believes that her achievements are all down to teamwork.

As a surgeon specialising in treating breast cancer, it's an issue close to her heart. 'When somebody comes to you with advanced breast cancer it's just so disheartening,' she says. 'We can't prevent people getting the disease, but we can try to pick it up earlier. The majority of women in this country don't have access to regular mammography and checkups, so by the time most patients present at state hospitals, they already have a palpable lump.'

But, she says, there's no point wishing we had more mammogram machines. 'We have to look at our strengths, and find appropriate solutions. The earlier you diagnose breast cancer, the more likely you are to be cured, with less treatment.'

The solution? Use the resources you have. 'I've always felt that nurses in this country are not fully appreciated, and that they are an underutilised resource,' says Jenny. Five years ago, she launched an innovative new course aimed at nurses. In many places in Southern Africa, the first contact for women with breast complaints is with a nurse in

a primary clinic, but since the emphasis has been on the management of infectious diseases, there has been little formal breast training for nurses. 'So we're trying to train the women who see them at a primary level to examine breasts,' says Jenny.

The course is mostly aimed at nurses in a rural setting – both here and in our neighbouring countries. 'In Bulawayo, for instance, there is one mammogram machine for the whole of Bulawayo. Luckily, clinical

'I've always

here are not

fully appreci-

they are an

resource.'

ated, and that

underutilised

felt that nurses

screening, which is examining the breast, is not dependent on technology. We're not teaching any nurses how to manage breast cancer - we're trying to teach them how to distinguish between someone who has breast cancer and someone who has normal changes in

the breast. And to encourage them to examine the breasts of any woman who comes through the doors – even if she's come to the clinic for another reason. We also encourage midwives to examine the breasts of pregnant women. Screening is doing an examination or investigation on somebody with no evidence of the disease.'

After a bit of trial and error, the course has been fine-tuned into a programme made up of self-study

with a coursebook and self-assessment tests, followed by two days of practical application. 'Instead of trying to re-invent the wheel, we decided to go down a path we know works,' says Jenny.

Jenny teamed up with Dave Woods to write the handbook, Breast Care. 'I wouldn't have been able to do this without Professor Woods, who is the co-author of the book and the founder of the PEP foundation: Paul Whitehead, who's involved with the finance; and our patron, Ian Black, who was the first person to believe in what we were doing. Chris Tilney from the Christiaan Barnard Memorial Hospital supported me from the start and, with Michelle Norris, has helped with fundraising.

> There are three pivotal nurses: Sister Lieske Wegelin, Sister Sheila Correia and Sister Karen Hill. And we've gotten a lot of backing from Carecross, Netcare, Novatis, DigIt, Well Woman Diagnostics, Pathcare and other sponsorship.'

Another challenge that Jenny and her

team face is deconstructing the myths surrounding breast cancer. 'In my private practice, most of the myths come from Dr Google - and there are many of them, such as the notion that antiperspirants cause breast cancer. They don't. Then there are the sorts of myths we found in Bulawayo, which is that it's caused by witchcraft. And actually they're all part of the same spectrum!' A lot of work needs to be done to

help change people's attitudes.
'It's all very well to get a woman to come in earlier with breast cancer, but if her husband is not going to accept her having a mastectomy, it doesn't help,' says Jenny.

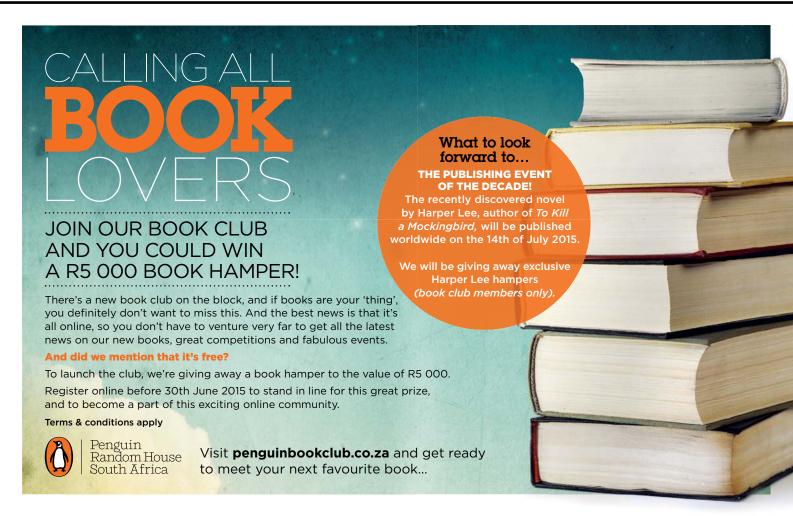
So why doesn't Jenny want the credit for this project? 'I want it to be the Breast Course for Nurses, not Jenny Edge's Breast Course for Nurses,' she says. 'I'm trying to provide a vehicle to allow networking and for nurses to learn more and interact with locals. My most exciting moment was during the second day in Bulawayo, watching local doctors take over the course. The really inspiring thing about this project is that *I* haven't planned it – it has been happening around me.'

She cites becoming a doctor, meeting her husband, becoming a surgeon, becoming a mother and now becoming an author as the most significant events in her life. 'My eldest son was nine months old when I did my surgical finals, which was quite tough,' she says. 'Becoming a mother is daunting – you look at this baby and think, "How am I ever going to manage?" But it gets better and better; I really enjoy my boys. Motherhood put my career in perspective and helped me lead a more balanced life. And having a career also puts motherhood in perspective.' Now that her sons are teenagers, she has more time for other pursuits – like writing this book. 'It's something I've always wanted to do, but I was surprised how much it thrilled me to see my name on the cover of a book. I want to see it again - and I will!'

Although born in the UK, Jenny shares her South African-born husband's passion for his country. 'On my very first date with Tony

(we met in Zimbabwe) I asked what his long-term plans were and he said to return to South Africa when it's a free country. So in January 1994, we moved here. South Africa is wonderfully exciting. You can decide to make a difference; the key is to not become overwhelmed with all the problems – just focus on something that you can make a difference to.'

Getting involved with this cause, she says, is easy. 'It is the type of cause where if you give R170, we can buy a book for a nurse.' Or, you can come up with your own way to help. 'One woman had a birthday party to raise funds for us, another woman, Jessica Knight, and her sister, Julia, will be cycling as the Santa Sisters from Heidelberg (Gauteng) to Scottburgh (KwaZulu-Natal) to raise funds. If you contact us, we will suggest some ways in which you can get involved.' *





Statistically speaking, the first 3 years, or 1001 days, are the hardest for any new business.

Especially when you consider the risk of being set back by an unfortunate incident like a fire, water damage or break-in along the way. Which is why, when things go wrong, you need to be with the insurer that paid out more money in claims than any other insurer. Because if you're going to make it past 1001 days, you need insurance that keeps your business in business. For more information on how our insurance solutions can take your business further, contact your broker or call 0860 444 444. **Santam. Insurance good and proper.**





FAIRLADY's
50th birthday,
we decided to
partner with
Santam to
celebrate women
the best way we
can think of.



every issue of FAIRLADY you'll read about several inspiring entrepreneurs. The reason? Because we believe in women, and we believe in women doing business. And we know that the economy of South Africa depends on us creating successful businesses for ourselves that also create opportunities for others.

Besides, we know that most

people – primarily women – fantasise about working for ourselves: being totally in control of our own time, our own pace and our own creativity... who wouldn't choose that? The chance to try out our one great idea?

That's why, every month, we showcase entrepreneurs who have taken that brave first step, and we celebrate their vision, their courage, and their contribution to our country.

We believe in women and we believe in women in business.

So we're really excited to announce that FAIRLADY, in partnership with Santam, is launching the FAIRLADY WOMEN OF THE FUTURE AWARDS, in which two fab female entrepreneurs, who are changing the world one great idea at a time, will win amazing prizes.

The first 1001 days (basically, the first three years) of business is the most challenging time for start-ups. Santam has created a platform where entrepreneurs who have reached this milestone share their experiences and give advice to new entrepreneurs. The Santam blog features topics ranging from what it takes to survive the critical first 1001 days to user-friendly infographics and videos.

So what does it take to be FAIRLADY's Woman of the Future? We're awarding two outstanding South African female entrepreneurs. Our Woman Of The Future award will go to an entrepreneur whose business has survived the first 1001 days and who is well on the way to creating an empire. And since FAIRLADY is all about the future of South Africa, our second award, the FAIRLADY Rising Star Award will go to an entrepreneur still within her first 1001 days, but whose business our judges believe will survive and flourish way beyond them.

The prize

awarded to the FAIRLADY Woman of the Future 2015

- R50 000 cash
- R7500 online shopping voucher from spree.co.za
- An hour's invaluable mentorship with any of our judges
- A tablet and smartphone from Samsung
- · A fabuous beauty hamper
- R5 000 Damelin bursary

You are eligible to enter FAIRLADY WOMEN OF THE FUTURE AWARDS if the following criteria apply to you:

1. You are 25 years or older. 2. You are a successful entrepreneur and your business has been around for 1001 days or more.
3. You are a female South African resident.

HOW TO ENTER:

FAIRLADY WOMEN OF THE FUTURE Visit www.womenofthefuture.co.za and enter by doing the following:

1. Supply your full name, contact details (including email) and date of birth. 2. Upload a recent photograph of yourself. 3. Answer the questions relating to your business.

The prize

awarded to the FAIRLADY Rising Star 2015

- R20 000 cash
- R7500 online shopping voucher from spree.co.za
- An hour's invaluable mentorship with any of our judges
- A tablet and smartphone from Samsung
- A fabulous beauty hamper
- R5000 part-time Damelin bursary

You may enter FAIRLADY RISING STAR AWARD if:

- 1. You are between the ages of 16 and 25 years old. 2. You have a current South African Identity Document.
- 3. Your business is older than 6 months.

HOW TO ENTER:

FAIRLADY RISING STAR AWARD Visit www.womenofthefuture.co.za

and enter by doing the following:

1. Supply your full name, contact details (including email) and date of birth.

2. Upload a recent photograph of yourself.

3. Answer the questions relating to your business.

To enter online

Visit www.womenofthefuture.co.za. Don't miss our June issue, (on sale 25 May 2015) where you'll get to meet our judges.

TERMS AND CONDITIONS: 1. The closing date for all entries is 15 June 2015 and no late entries will be accepted. 2. The judges' decision is final and no correspondence will be entered into. 3. Entries on www.womenofthefuture.co.za only. 4. The FAIRLADY WOMEN OF THE FUTURE AWARDS competition is open to South African residents aged 25 years and older whose business is older than 1001 days. THE FAIRLADY RISING STAR AWARD is open to South African residents between the ages of 16 and 25 whose business is older than six (6) months. 5. Entrepreneurs who have already been featured in the monthly FAIRLADY 'Entrepreneurs' articles are eligible to enter. 6. Staff members of Media24, the sponsors and their immediate family members may not enter. 7. Entries and photographs become the property of FAIRLADY magazine and may be published online and in the magazine. 8. For detailed terms and conditions, visit www.womenofthefuture.co.za.

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Especially when you consider the risk of being set back by an unfortunate incident like a break-in, fire or water damage along the way. Which is why, when things go wrong, you need to be with the insurer that paid out more money in claims than any other insurer. Because if you're going to make it past 1001 days, you need insurance that keeps your business in business. For more information on how our insurance solutions can take your business further, contact your broker or call 0860 444 444. **Santam. Insurance good and proper.**





wines sharing the vision of the Fairtrade movement. These South African wines are bold and rich in flavour but refreshing and soft on the palate. And while they're firmly focused on quality - they are about more than just the wine! Grapes are sourced from premier Fairtrade vineyards.

Dè-Mari Kellerman was doing a marketing course in tourism when she developed a keen interest in the to get a taste. After being exposed to viticulture, Dè-Mari realised she'd found her perfect industry.

She was eventually granted fulltime employment at South Africa's biggest wine producer, Distell, and it wasn't long before her hard work and positive attitude were rewarded and she was selected to be a part of the marketing team.

Dè-Mari went on to complete a post-graduate marketing module in is now the global marketing manager of several famous wine brands, including Place in the Sun a brand dedicated to uplift the communities that contribute to the production of their wines.



Not for Sale to Persons Under the Age of 18.



It's been years since Harry met Sally, Kate Hudson lost and found a guy and Julia stood in front of a boy asking him to love her. Where have all the romcoms gone?

e all know the drill. Boy meets girl. Girl is a klutz; boy is a womaniser. Some sort of misunderstanding leads to sassy bickering. They fight, boy

makes grand romantic gesture, they get married and live happily ever after – at least until the credits roll. Voila, a Hollywood money-spinner!

Unfortunately, things have changed in the last 15 years: boy has run off to fight robots, while girl stars in a teen franchise. And, judging by the figures, audiences have also tired of meet-cutes and happily-everafters. In 2013, there was not one romantic comedy in the top 100 films of the year. The 10 biggest films of 2014 revolved around robots, fantasy and comic book sequels.

So what about female audiences? Apparently, studios are relying on the fact that women are flexible – they don't mind watching an action movie on a date, whereas a guy wouldn't be seen dead at a romcom.

This wasn't always the case. In 1959, Walt Disney wrote: 'Women are the best judges of anything we turn out. Their taste is very important. They are the theatregoers, they are the ones who drag the men in. If the women like it, to heck with the men.' That notion, unfortunately, has changed. Studios are now willing to bankroll projects like Ant-Man (scraping the bottom of the barrel, there, Marvel?), but romcoms are considered risky.

Back in 2002, the romcom was flying high. The highest grossing romantic comedies of the year (MyBig Fat Greek Wedding, Sweet Home Alabama, Maid in Manhattan, and Two Weeks Notice) brought in a whopping \$555 million – and that's just in the US. But if you look at the kind of money big budget franchises bring in these days, it seems paltry by comparison.

Silver Linings Playbook, the

biggest (undercover) romcom of 2012, earned a third of what *The* Amazing Spider-Man made: \$236 million versus \$752 million. But, since Silver Linings only cost \$21 million to make, as opposed to the \$230 million it cost to tell Spidey's story, it was comparatively more profitable, and less of a financial risk. But unfortunately it still doesn't compare to the kind of money that a big franchise can bring in. The Avengers, for example, made an extra \$500 million just in toy sales. (I'm guessing an action figure of Bradley Cooper in sweatpants and a garbage bag wouldn't have the same appeal.)

The genre itself has taken a beating. 'It is the hardest time of my 30 years in the business of doing them,' said Lynda Obst, the producer of romantic comedies like Sleepless in Seattle and How to Lose a Guy in Ten Days. Dr Deborah Jermyn, co-author of Falling in Love Again: Romantic

PHOTOGRAPH: AFP/KOBAL

Comedy in Contemporary Cinema, writes: 'There's definitely a stigma now – in recent years romcoms have become conflated with "chick flicks" and the idea that it's gangs of women that go to see them - they're seen as throwaway films for a not particularly discerning audience.' These days, admitting that you like romcoms is like admitting to a personality flaw. TV writer and actress Mindy Kaling writes: '[Romcoms are] my favorite kind of movie. I feel almost embarrassed revealing this, because the genre has been so degraded in the past 20 years that saying you like romantic comedies is essentially an admission of mild stupidity.'

It wasn't always like this – starring in a hit romcom used to be a sure-fire way to launch your career. The romantic comedies of yesteryear, like Billy Wilder's *The Apartment* and *Annie Hall*, are film classics. *Four Weddings and a Funeral* made an overnight star of lead Hugh Grant, and the stars of both *When Harry Met Sally* and *Pretty Woman* were relative unknowns at the time. So where did it all go wrong?

Some blame bad casting. Back in 2007, the studios thought they had found the new Meg Ryan: Knocked Up's Katherine Heigl, who made her start in TV and appealed to both men and women. Over the next three years she made 27 Dresses, The Ugly Truth and Killers. The movies weren't great, and Heigl became the studio scapegoat. She has even been accused of killing off the whole genre - in so many words. (Even though you could argue that Matthew McConaughey did a lot more damage with trainwrecks like Failure to Launch and the epically dismal Ghosts of Girlfriends Past, he managed to escape the stigma.) Ironically, Heigl's movies weren't even flops, financially speaking. Killers was a dud, sure, but 27 Dresses cost \$30 million and made \$160,2 million worldwide.

Heigl is currently rebuilding her career by playing an advisor to the president on TV, but her story turned into a cautionary tale for actors and actresses alike: beware the romcom. Stalwarts of the genre, like Julia Roberts, Sandra Bullock and Matthew McConaughey, have all fled the scene and are now doing dramas. Reese Witherspoon and Amy Adams ran for the hills. And the next generation of potential Megs, Julias and Drews, like Emma Stone, Jennifer Lawrence and Scarlett Johansson, have steered clear and signed on to big-budget franchises instead.

Some critics argue that we have simply stopped believing in love. But that doesn't seem to be the case. Nicholas Sparks films are still bringing in a steady profit; faith, age, race, gender, and even (in some cases) marital status.

Successful romcom writers have had to get creative. In *Silver Linings Playbook*, mentally ill boy meets grieving, unstable girl. And Wes Anderson's whimsical *Moonrise Kingdom* tells of Sam and Suzy running off together. The obstacle is an age-old one: parental disapproval – Sam and Suzy are 12 years old.

The biggest romcom of all time is My Big Fat Greek Wedding – a sleeper hit without a single big name in the cast. Looking back, it was a sign of what was to come – with the big studios losing interest, the romcom has gone indie. 'Romantic comedies are relatively inexpensive to make, two people talking in rooms, walking in parks... The genre lends itself to

'I feel embarrassed revealing that romcoms are my fave kind of movie, because the genre has been so degraded in the past 20 years that saying you like them is essentially an admission of mild stupidity.'

The Vow earned \$196 million world-wide and, earlier this year, Ster-Kinekor announced that it achieved its biggest box office for a single day in the company's recorded history (since 1995) with Fifty Shades of Grey. Not a traditional romance by any stretch of the imagination, but a boy-meets-girl centred plot none-theless. Romance is far from dead.

Others believe bad scripts are the real culprits. 'Audiences aren't tired of romance; they're tiring of formulas,' says Michael Sucsy, director of The Vow. The usual romcom formula relies heavily on obstacles. The Atlantic writes: 'Among the most fundamental obligations of romantic comedy is that there must be an obstacle to nuptial bliss for the budding couple to overcome.' These days, typical obstacles like parental disapproval, social class differences or a betrothal to another seem flimsy - we no longer believe that love cannot transcend class, profession,

the smaller budgets of independent film,' says director Michael Dowse.

There are plenty of indie romcoms on the horizon: Sleeping with Other People (described by the director as 'When Harry Met Sally with assholes'), Trainwreck (with comedienne Amy Schumer), and The Divorce Party (about a jilted groom who falls for his ex-wedding planner). Romcoms also live on the small screen. Shows like New Girl and The Mindy Project are basically long-form romcoms.

Will the big budget romcom ever make a comeback? Maybe. Pixar president Jim Morris announced that *Toy Story 4* 'will be a romantic comedy'. Come again? According to Morris, the franchise is heading in a new direction following the massively successful third instalment, which grossed over \$1 billion worldwide and was nominated for a best-picture Oscar. Perhaps an animated love story will restore our faith... *



If you're still smoking, just cut it out.
Seriously – it's the absolute single best thing you can do for your health, your skin, your hair – and, probably, your relationships.

e've never been better informed about our health (Dr Google is just a click away, after all) and, more specifically, the enormous array of risks that smoking poses to our wellbeing. Besides the obvious issues like shortness of breath, chronic coughing and fatigue, tobacco smoking also causes lung cancer and emphysema. Plus it's been linked to diabetes, cardiovascular diseases and infertility

in both men and women.

According to CANSA, lung cancer is the leading cause of cancer deaths among South African men, and the most common cancer worldwide. In South Africa, it's the sixth most prevalent cancer in women. The main cause is tobacco smoking, and the risk increases with both the number of cigarettes smoked and the length of time you've been smoking. These are hard and harsh facts, but they still don't seem to have much effect on smokers. Neither do warning labels and shock advertising. However, we've made good progress in curbing the smoking culture in South Africa: stricter laws and legislation have made life for smokers much more difficult.

In 2000, when the Tobacco Products Control Amendment Act was introduced, we became one of the the first countries in the world to ban smoking in public places. In 2009, the smoking culture was doused even further when government banned smoking in partially enclosed public areas, including cars that also contained children younger than 12.

So the point is, we all know the risks. Which means if we're still smoking, it's either because we don't care about them or we can't stop.

Smoking is an addiction, just like any other. Pharmacologically and behaviourally, the processes that determine tobacco addiction are similar to those that determine addiction to hard drugs. Nicotine attaches to receptors in the brain that trigger the release of dopamine, our body's own 'happy-drug'. This release is what makes nicotine so addictive in certain people. Thanks to significant advances in research, we now know that some people are more sensitive to nicotine addiction and have specific genetic markers that make them more susceptible. Professor Saul Shiffman, a behavioural psychologist who specialises in addictive behaviour and focuses on cigarette smoking and nicotine dependency, identified two types of smokers: chippers and regular smokers. Chippers can go hours, even days without smoking - they're the smoking equivalent of social drinkers. They're not addicted to smoking and have no difficulty abstaining because they don't need a lot of nicotine to get that 'high'. But regular or heavy smokers handle large doses of nicotine; they need to replenish it regularly and derive a high level of pleasure from the experience. This might explain why some people find it harder to quit than others.

TIPS THAT WILL HELP

1. DON'T DO IT ALONE.

Tell a few friends or family members that you are trying to quit. Ask them to remind you why you've decided to quit and to support you in your decision.

2. HAVE A CLEAR-CUT REASON FOR WANTING

TO QUIT. 'I want to have a better quality of life', or 'I want to get pregnant'. Whatever the reason, make sure that it's strong enough to motivate you to stop.

3. DON'T GO COLD TURKEY.

If you're a serious smoker, then you definitely have a nicotine dependency. Going cold turkey might not be the best way to quit and can only increase your chances of relapsing.

4. YOU MIGHT NEED A LITTLE BIT MORE HELP. More often than not, nicotine addiction is symptomatic of other problems like boredom, stress and depression. Make an appointment with a therapist if you're feeling depressed, and try to avoid stressful situations in your first week of quitting.

5. AVOID TRIGGERS AT FIRST.

It might be alcohol or a specific social setup, but whatever your trigger is, try to avoid it as much as possible in the first few weeks. Then, when you're less dependent on smoking, slowly reintroduce your trigger into your daily life.

6. DON'T GO OVERBOARD.

Put off going on a new diet when you're trying to quit. The overall withdrawal and pressure might be too much and can cause you to relapse. Take it one step at a time and remember that a healthy lifestyle is something that is achieved over time.

7. CLEAN YOUR HOUSE.

Get rid of anything that reminds you of smoking. Wash your clothes, curtains and upholstery. Air your house and use air freshener to get rid of that smell.

- **8. GET MOVING.** Even if you just take a walk around the block, that little bit of exercise will release dopamine and give you a quick boost.
- **9. REWARD YOURSELF.** Just think about all the money you could save if you quit. If you smoke a pack a day: the average price is R35 per pack, so you'll be saving R12 775 a year! Put the money aside each day and spend it on something you really want after a year.
- **10. KEEP TRYING.** It's okay if you relapse. Kicking an addiction is no mean feat. Instead of beating yourself up, just try again. And surround yourself with people that support you, rather than try to keep you back.

IF YOU WANT TO STOP, HERE ARE A FEW IDEAS YOU COULD TRY

Nicotine Replacement Therapy (NRT)

The most popular NRTs are gum and patches, and they're available in various forms over the counter at most pharmacies in South Africa. Both deal with the physical aspect of addiction: small doses of nicotine are delivered into the bloodstream to help curb the urge to smoke. Consult your GP if you're planning to use NRT as a smoking cessation method.

Prescription drugs

Champix, a prescription drug, reduces the cravings and withdrawal symptoms associated with giving

up smoking. Its active ingredient, Varenicline, works by blocking the effects of nicotine in the body. It attaches to nicotine receptors in the brain – which means that the nicotine is prevented from attaching. Its effect is that smoking no longer has any appeal as it doesn't deliver the 'kick' the smoker relied on. Champix is a 12-week course that is taken under the supervision of a doctor.

Both the above therapies deal only with the chemical aspects of nicotine addiction and should preferably be combined with smoking cessation methods that focus on the mental and behavioural aspects of smoking. These methods are included in the following programmes:

CANSA's eKick Butt programme

This free online smoking cessation programme is driven by online communication - emails, surveys and downloads – and focuses on the behavioural change and thought processes that go along with smoking. The programme promises a series of handy tried and tested tools to help you quit for good. For more info, go to www.ekickbutt.org.za.

Allen Carr's The Easy Way to Stop Smoking

This self-help book focuses on changing behavioural and thought processes - much like CANSA's eKick Butt programme. It's available in various formats from both online and local bookstores.

n the past couple of years, e-cigarettes, or ENDS, have become increasingly popular. Of course, the companies that distribute the new technology describe it as revolutionary. But are they the solution they're made out to be?

The devices do release nicotine which, as we know, is highly addictive and poisonous. The Medicines Control Council (MCC) released a statement confirming that ENDS are subject to medical scheduling - nicotine is classified as a Schedule 3 substance. Also, e-cigarettes containing nicotine may only be sold at pharmacies on prescription (these regulations are largely ignored: e-cigarettes are often sold at kiosks in malls).

The regulations also raise the question of whether e-cigarettes really are a solution. True, they don't contain all the other harmful chemicals found in normal cigarettes, and neither do they release as many harmful chemicals into the air. But it's still feeding a nicotine addiction that is harmful, and users don't seem to use it as a cessation method, but rather as a replacement drug.

In August last year, a World Health Organization (WHO) report on ENDS called it an 'evolving

Nicotine attaches to receptors in the brain that trigger the body to release dopamine, our body's own 'happy-drug'.

frontier filled with promise and threat for tobacco control'. The report also called for stricter advertising regulations to prevent ENDS targeting vouth and non-smokers and also banned the unfounded health claims that these companies make. It went on to call for stricter regulations on using e-cigarettes indoors. According to their research, the evidence suggests that 'exhaled e-cigarette aerosol increases the background air level of some toxicants, nicotine and particles'.

In an interview last year, Professor Richard van Zyl-Smit, head of clinical research at the University of Cape Town Lung Institute, advised anyone planning on taking up e-cigarettes 'to at least consider waiting six months to a year, during which time he reckons there will be an 'explosion of laboratory studies on ENDS'. Although these studies won't help us understand the long-term effects, they will give us a better picture of the risks involved.

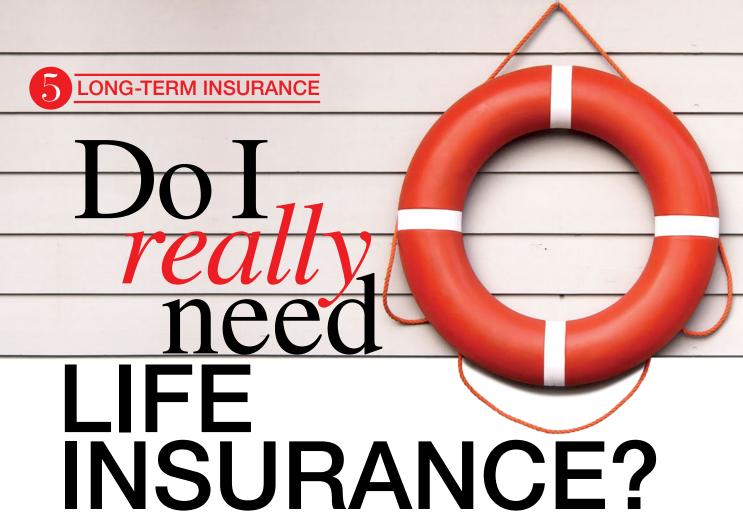
In the meantime, they may be prolonging – or even instigating – a habit that is better broken. &

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EVERYTHING'S BETTER WHEN YOU FEEL BETTER







When money is tight, we tend to forego insurance (especially life insurance) in favour of more immediate expenses. Here's why that isn't smart - and which insurance you really need.



What's the point of insurance?

If you are injured or ill, you may be off work for a while and you'll have extra costs. And if you pass away while people depend on you financially, their income is gone too. Long-term insurance fills the gaps.

What kinds of long-term insurance should I have?

It depends on where you are in life. Typically, the most important events you need to consider are death, dread disease and disability (temporary or permanent). And there's also cover for retrenchment. Ask yourself,

'What do I need this cover for?' For

instance, part of your lump sum cover might cover your bond, part might provide an income for your dependants, and part might pay for your children's schooling. But your needs change as you get older: you'll pay your bond off after 15 or 20 years, your children will become self-sufficient (hopefully), and you'll retire by 65. As each element changes over time, make sure you only buy what you need.

Is insurance optional? Yes.

How much should I spend?

What you can actually afford. The most important thing to protect is your ability to generate an income. So obviously, income protection should be your main insurance cost. If you can't cover your income fully,

start with 50% or 25% - but understand how under-insured you are. You must start somewhere.

If you're single, have just started working, have no debt, few assets (so no risk of incurring estate duty if you die) and no dependants, your main worry is suffering a temporary or permanent disability. If you can't work, who's going to take care of you, and how are you going to see out the rest of your life? But your needs change: you buy property, have kids. You need to consider what happens to your dependants if you pass away tomorrow.

It sounds so complicated! How can I be sure I'm choosing wisely?

Get an expert – a skilled certified financial planner (CFP) – to advise you. This is really important. That person knows the landscape, understands the jargon and can debunk it for you and put a plan in place with cover that changes over your life stages. Independent financial advisers are governed by the Financial Advisory Intermediary Services Act, which legislates that they get a defined amount of commission. Also, they are not tied to a specific product, so they can give a more objective view.

Is it best to use one institution for all your life insurance?

Every time you open up a policy, the insurance company assesses your risk – we call it underwriting. So practically, you don't want to go through this with a lot of different companies. Also there's a fixed amount of cost built into each product, and the more you separate these products between different providers, the greater the adminis trative costs will be. Your adviser will help you choose your best strategy.

Should I go for the cheapest insurance I can get?

No. A slightly more expensive product might serve you better at claims stage. Take a diagnosis of Parkinson's disease, for example. Some products pay out your benefits the moment it's diagnosed. Others pay only after the disease reaches a certain severity, which could take years. But your costs will be high in the meantime. Again, it's important to get advice from a skilled adviser.

How important is it for me to tell my insurer if something changes?

If you start smoking but don't tell your provider and something happens, your claim will be honoured, but it may be less than what you thought it would be. So it's best to notify them. But it works both ways: if you stop smoking, tell them, as you might actually enjoy a saving from then on.

Also, notify your insurance provider of changes in your financial needs - marriage, divorce, having children, new debt, increasing your bond, a new bond, income changes so that they can adjust your cover.

How do insurance companies work out what you need to pay for cover?

The life insurance company looks at the chance, or risk, of you claiming. Is it higher than the norm, or lower? Which risk factors differentiate you from the norm: Are you older? Are you younger? Do you skydive, bungee jump or smoke? Have you got high blood pressure?

How can I improve my risk profile?

Stop smoking. Drink moderately. Exercise. Monitor your blood pressure and other health markers, and take medication if necessary. Basically, manage your health to imporove your risk profile.

Any products you'd advise us to steer clear of?

The type that say they'll give you your premiums back after a certain amount of time, say 15 years. For that option, you're probably paying 30% more on your premiums. And they only give it to you if you haven't claimed! Rather buy something that's cost-effective now, and get the saving into your pocket, as opposed to having to wait 15 years (if you're still around) to get something back. Then invest that 30% extra: if you need your money tomorrow, or next year, you can access it. In the meantime, it will grow.

And avoid products with dynamic underwriting. Your life insurance company has looked at all your risks, and you want certainty from that point on that the claim will be paid when you need it. But what happens if you develop high blood pressure, or cholesterol problems later? You should not be penalised for this. With dynamic underwriting, they reassess you every year, so your activities and wellness over time have an impact on your premium. In other words, you can be penalised if things change after you took out the policy.

What happens if I miss a few payments – say, my debit order bounced because of insufficient funds?

It's important to understand that during the period that you don't pay premiums, you won't be covered in the event of a claim. If you'd like to start again after a few months, a lot of providers will allow you to, but they might ask you to sign a declaration of health to say that nothing has changed. From then, the product runs its normal course. Think carefully before you stop or suspend your premiums. &

Next month: Set up the short-term insurance you need.

































As seen on the catwalks of Fashion Week: Winter 2015

Tip

If you don't like a bodyhugging pullover, go for one that

report

Inject a pop of colour into your winter wardrobe with a lightweight knitted sweater. Edgars have the perfect selection.

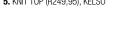
Colour-burst jumpers

1. BLUE WAFFLE STITCH BATWING SWEATER, JIGSAW (R2099) EXCLUSIVELY

- AVAILABLE AT FLAGSHIP STORES 2. GREEN ZIP BACK CREW SWEATER, JIGSAW (R1 499) EXCLUSIVELY AVAILABLE AT FLAGSHIP STORES
- 3. KNIT TOP (R249,95), KELSO

CLOCKWISE FROM TOP LEFT:

5. KNIT TOP (R249,95), KELSO









Stay right on trend by underpinning your knit with neutral separates

FASHION EDITOR CARA-LEE

and accessories like black, grey and camel

VINCE CAMUTO PEBBLE GREY BAG (R4 599) AVAILABLE AT SELECTED FLAGSHIP STORES

VINCE CAMUTO

WEDGE

(R1 699)

VINCE CAMUTO **BLACK BOOT** (R2799)



EARRINGS

DUNE LOAFER (R1199)

(R599)

is oversized with some draping BALENCIAGA | FALL/ and wear it WINTER 2014-2015 untucked. Step it up! Not afraid of colour? For an extra bit of style clout, finish off your look with accessories or makeup just as colourful. SUEDE HFFI (R1 199) **GOSH** DUNE HANDBAG I IP-(R1999) STICK (R110)GOSH FOREV-

SHADOW

(R139)

PHOTOGRAPHS: L'ESTROP, SUPPLIED

beauty

BEAUTY EDITOR KELLI CLIFTON PHOTOGRAPHS ANÈL VAN DER MERWE





FILORGA BB-PERFECT ANTI-AGEING BEAUTY BALM, R600

PALLADIO HIGH INTENSITY HERBAL LIP BALM IN BLOOMING BERRY, R69,95



PALLADIO High Intensity Jerbal Lip Balm

L'ORÉAL PARIS INFALLIBLE GEL NAIL POLISH IN 16 FOREVER BURGUNDY, R109,95





IN TOUCH NAIL ENAMEL IN BURGUNDY, R35



REVLON COLORSTAY ULTIMATE LIQUID LIPSTICK IN MAXIMUM MOCHA, R160



WET 'N WILD WILD SHINE NAIL COLOR IN BURGUNDY FROST, R24,95



IN RED SENSATION, R29,95

ESSENCE LONGLASTING LIPSTICK IN ON THE CATWALK!, R44,50



MAC CREMESHEEN LIPSTICK IN DARE







MICHELLE ORI LONG LASTING LIPSTICK IN SILK 775, R72,95



Time to change your look for winter! We're thinking marsale line thinking marsala lips, matte complexion and a low-slung bun.





LUSH LIGHT PINK COLOUR SUPPLEMENT, R165





THOMAS SABO CHARM CLUB CHARM INTENSE ROSE EDP, R795 FOR 50ML

MIRACLE





CATRICE COLOUR CORRECTING MATTIFYING POWDER IN

DELICATE BLOSSOM, R80

SHADOW IN JEST FROST, R195

IN TOUCH NAIL ENAMEL (NUDE COLOUR), 10ML, R59





REVLON COLORSTAY CONCEALER IN 04 MEDIUM, R159



ESSENCE LONGLASTING LIPSTICK IN NUDE LOVE, R44,50



PALLADIO HERBAL TINTED LIP BALM IN NATURALLY BRONZE, R54.95



RIMMEL APOCALIPS LIP LACQUER IN LIGHT YEAR, R99,95



MAC STUDIO FACE AND BODY

FOUNDATION 50ML, R330



L'ORÉAL PARIS LE BLUSH IN 200 GOLDEN AMBER, R169,95

GIORGIO ARMANI SÌ EDT, R995 FOR 50ML

> **CLARINS ROUGE ECLAT** LIPSTICK IN NUDE ROSE.



ELIZABETH ARDEN BEAUTIFUL COLOR MOISTURIZING LIPSTICK IN NUDE MATTE, R220

PHYSICIANS FORMULA SHIMMER STRIPS CUSTOM EYE ENHANCING SHADOW & LINER, R199

it's all about the BASE

L'ORÉAL PARIS COLOR **RICHE MATTE 640** EROTIQUE, R154,95

CLARINS EVERLASTING COMPACT FOUNDATION SPF 15 IN BEIGE, R435







R270



GIORGIO ARMANI





NARCISO EDP BY NARCISO RODRIGUEZ 30ML, R720 NARCISO

> MAC PRESSED PIGMENT IN MOTH, R300

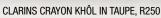


YSL COUTURE EYE PALETTE IN SAHARIENNE, MAC PRO LONGWEAR POWDER DARK,

WET 'N WILD **MEGA** LINER LIQUID **EYELINER** IN DARK BROWN. R44,95

PALLADIO EYE INK IN TAUPE, R49,95





A traditional smokey eye can be a bit much for daytime, so tone it down with soft taupe eyeshadow for a perfect office look. To ensure it all stays put, start by priming the eye area with an eyeshadow primer. Apply a base shadow from the crease to the brow. Add soft golden brown through the crease and taupe over the entire lid to intensify the colour. For evening, line the

top lash line with a brown liquid liner and add brown mascara. Neutral shades like taupe and fawn can really make your eye colour pop. Don't shy away from shimmery pigments they're easy to blend and offer lovely accents. RIMMEL EXAGGERATE WATERPROOF EYE DEFINER IN 212 RICH BROWN, R89,95



ESSENCE LIMITED EDITION EYESHADOW PALETTE IN HELLO AUTUMN, R69,95



L'ORÉAL PARIS COLOR RICHE GEL-INFUSED **EYESHADOW IN 502** QUARTZ FUME, R99,95



WET 'N WILD MEGALAST SALON NAIL COLOR IN WET CEMENT,



BOURJOIS 1 SECONDE NAIL POLISH IN 04 TAUPE CLASSY, R95,95

econde



ICE BOX COLORS IN **ESPRESSO** YOURSELF, 15ML, R110



SPA RITUAL **LACQUER** MYSTIC,





RIMMEL MAGNIF'EYES MONO EYE SHADOW IN 003 **TAUPE, R69,95**

Fairlady|May 20











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- Molala Head, Neck & Shoulders Massage
- Neo Matsogo Traditional African Royal Foot Massage
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- Fragrance layering and testing with Narciso Rodriguez
- Delicious chocolates from the Wings Group

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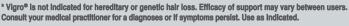
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WHAT COULD BE WORSE THAN LOSING YOUR HAIR? NOT MUCH.

















Brioche french toast with blueberry sugar Serves 4

1 tsp cinnamon, ground 2 eggs beaten 4-6 mini brioche, sliced horizontally **Butter for frying**

FOR THE TOPPING

125g fresh blueberries 100g granulated sugar 1 cup cream whipped

- 1. In a bowl, whisk together the cinnamon and eggs. Heat a little butter in a frying pan. Dip the sliced brioche into the egg, coating well on each side. Place in the hot pan and cook for 2 minutes on each side or until golden. Remove from pan and keep warm. Repeat with all the remaining slices.
- 2. Place 1 tbsp fresh blueberries and

sugar in a blender and blitz to combine. Set aside.

- **3. To assemble:** Top each toast with a little whipped cream, top cream with fresh blueberries and sprinkle over blueberry sugar.
- **4. To serve:** Serve warm with extra sugar.

Mini donuts Makes 20

500g cake wheat flour, sifted, plus extra for dusting Pinch of salt 2 tsp baking powder 60g castor sugar 1 jumbo egg 1 cup warm milk 50g butter, melted Oil for deep-frying

FOR THE FILLING

1 cup raspberry jam Icing sugar for dusting

- **1.** Sift the flour and salt into a large bowl, stir in the baking powder and sugar, and make a well in the centre.
- 2. In a bowl whisk together the egg, warm milk and melted butter, add to the well in the flour mixture and stir well to combine.
- 3. Knead into a smooth dough. Place the dough into an oiled bowl.
- 4. Roll dough out onto a floured surface to about 1 cm thick; cut out 5cm rounds.
- **5.** Heat oil in a deep pot and fry donuts in batches until golden brown. Remove, drain on paper towel and allow to cool slightly.
- 6. With a wooden skewer, make a small opening in the donut. Place the jam in a piping bag with a small nozzle and pipe into the hollow.
- 7. To serve: Dust donut balls with icing sugar and serve.

Trout & cucumber sandwiches Serves 4

10 slices white bread

FOR THE FILLING

100g butter, softened 10g fresh chives, finely chopped 100g smoked trout 1/2 English cucumber, finely sliced White pepper Fresh herbs and lemon to serve

- **1.** Place slices of bread on a surface. Mix together the butter and chives and spread this onto the bread. Top 5 slices of buttered bread with cucumber slices, then trout slices. Sprinkle with a little white pepper and top with remaining slices of bread.
- 2. Slice off the crusts and slice the sandwiches into 3 equal 'fingers'.
- **3. To serve:** Keep covered until ready to serve, then serve garnished with fresh herbs and some lemon wedges.









Tropical sorbet Serves 4–6

2 x 410g tin mango slices in syrup 1 x 565g tin lychees, pitted 1 cup granadilla pulp (approx. 4 large granadillas)

1 egg white

- **1.** Blitz all the ingredients in a blender until smooth and combined.
- **2.** Pour the mixture into a container and freeze until firm at least 4 hours. Scrape mixture out and spoon back into blender. Blitz again until smooth.
- **3.** Freeze overnight. Remove from freezer 20 minutes before serving.
- **4. To serve:** Scoop sorbet into cones or bowls and serve immediately.

Bacon & egg tart Serves 4

200g ready-rolled puff pastry, defrosted 1 egg, beaten

FOR THE TOPPING

4 eggs
Big pinch of salt
1 tbsp white vinegar
150g bacon, cut into batons
350g Bella tomatoes, halved
Fresh basil to garnish
Sea salt and cracked black pepper

- **1.** Preheat the oven to 200°C. Cut the pastry into 4 squares. With a small knife score a 1cm border around each square, brush each square with egg and bake in the oven for 15 minutes or until golden and puffed up. Remove from oven and allow to cool slightly, then gently press in the centre to form a slight hollow.
- **2.** Place a pot filled with water on the stove. Add salt and vinegar and bring to the boil, stir with a wooden spoon until a 'vortex' is created, crack an egg into a teacup then drop into the swirling water, cook for 2–3 minutes, remove with a slotted spoon and repeat with remaining eggs.
- **3.** Sauté bacon until golden, remove and drain on paper towel, toss in tomatoes and sauté until golden.
- **4. To assemble:** Place a pastry square on a plate, top with a few tomatoes and a poached egg. Sprinkle over some crispy bacon, and season.
- **5. To serve:** Garnish with fresh basil leaves and serve immediately.

Peach Bellini Serves 4

4–8 sugar cubes 100g fresh or tinned peaches, puréed 750ml ice cold sparkling wine / Prosecco

- **1.** Drop 1 or 2 sugar cubes into the base of 4 flutes, top with a tablespoon of peach purée and carefully pour over the sparkling wine.
- 2. To serve: Serve immediately. *



how to make SERVES 4 CHICKEN KIEV

You will need:

4 chicken breast fillets
100g baby spinach
120g gruyère cheese, sliced
Sea salt and black pepper
2 cups seasoned flour
2 eggs, beaten
2 cups breadcrumbs, toasted
Oil for deep-frying
Sautéed vegetables and vine
tomatoes to serve

STEP 1



Bat out the chicken breast fillets between two sheets of clingfilm until evenly flattened and more or less in a rough rectangle.

STEP 3



STEP 2

Arrange a small handful of baby spinach leaves and a few slices of gruyère cheese at the centre of each breast. Season with salt and pepper.



Carefully wrap the narrow edges of the chicken up over the filling, then just as carefully roll up the long end to enclose the filling. Chill in the fridge for 30 minutes.

STEP 4



Dip the chicken first in flour, then egg, then breadcrumbs. Heat 3cm vegetable oil in a saucepan. Carefully place the chicken in the oil and fry until golden brown on all sides.

STEP 5

Place the fried chicken on a baking tray and bake at 180°C for a further 35 minutes until the chicken is cooked and the cheese is molten.



Slice chicken kiev and serve with fresh sautéed vegetables and vine tomatoes.

• !..... -OOD ASSISTANT: PIA-ALEXA DUARTE

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ROSE WATER WHITE CHOCOLATE TRUFFLES

MAKES 20



1/4 cup cream
1 tbsp rose water
300g white chocolate

- **1.** Place the cream and rose water in a small saucepan and bring to the boil.
- **2.** Remove from heat, add half of the chocolate and stir until melted and the mixture is silky and smooth. Pour into a small container and chill until set.
- **3.** Roll teaspoonfuls of the chocolate mixture into bite-size balls and insert a toothpick into each one, then freeze until hardened.
- **4.** Melt the remaining chocolate and beat until slightly cooled. Coat each truffle with melted chocolate and insert the other end of the toothpicks into a potato or a piece of polystyrene for the chocolate to harden.
- **5.** Drizzle with a little extra chocolate if you like.

To serve: Remove toothpicks from the truffles and place in small paper cases.



a bit on the side!

Dilmah Exceptional Rose with French Vanilla Real Leaf Tea R45,99 (40g) What better way to serve rose-flavoured truffles than with a cup of this

gorgeous, floral tea?



Nicoletta Angel Drops R26,99 (50g) Sprinkle a few of these pretty little drops over your truffles for an extra chic finish.

Sylko mini cookie cups R17,99 (60s) Place your truffles in these individual cases and then arrange in a pretty box for a special Mother's Day gift.



FOOD ASSISTANT: PIA-ALEXA DUARTE

A TASTE OF HOME

Sweet, sticky and fruity, Mrs Ball's Chutney has spiced up our meals for generations. hether used to spice up your breakfast eggs, or to add some piquancy to a braai marinade, Mrs Ball's Chutney has added flavour to our meals (and our lives) with that unmistakable, deliciously fruity taste and texture for generations, making it a household name here in South Africa and abroad. Utterly delectable as a chutney, Mrs Ball's can also be added to bobotie, savoury bakes, curries, sandwiches, salad dressings and marinades – the list is endless, and the results are always delicious. With a recipe that's remained unchanged since 1871, Mrs Ball's Chutney is so familiar to all South Africans it truly is an iconic heritage brand.



CHICKEN & MUSHROOM PIES

SERVES 6

4 chicken breast fillets 30g butter 1 onion, chopped 3 garlic cloves, minced 200g button mushrooms, sliced 2 tbsp cake flour 2 tbsp each chopped thyme & parsley ½ cup cream ½ cup Mrs Ball's Original Chutney 1 tbsp All Gold tomato paste Salt and black pepper 2 x 400g rolls ready rolled shortcrust pastry, defrosted Flour for dusting Egg wash for glazing

FOR THE TOMATO SALSA 150g All Gold peeled tomatoes,

chopped
5g fresh coriander, chopped
1 tbsp Mrs Ball's Original Chutney

- **1.** Bring 1L of water to the boil in a medium pot. Add chicken and poach for 15–20 mins or until cooked. Remove pot from heat. Remove chicken, reserving the poaching liquid. Shred the chicken.
- 2. Melt butter in a large pot; sauté onion and garlic until soft and golden. Add mushrooms; sauté for a further 5 mins.
- **3.** Scatter over flour, herbs. Stir until well combined, add cream and 2½ cups poaching liquid, stir, and bring to a boil. Add chicken, chutney, tomato paste and seasoning. Simmer 5 min, then remove from heat and leave to cool completely.
- **4.** Roll out one roll of the pastry on a lightly floured surface, line 6 ovenproof pie dishes or one large pie dish. Fill lined dishes with pie filling and roll out the second roll of pastry to make the lids.
- **5.** Brush with egg wash; bake for 25–30 mins or until pastry is golden and crisp.
- **6. For the tomato salsa:** Toss together all the ingredients.



Rosy bubbles are obviously the best way to celebrate Mother's Day - or any day, really.

rinking pink

love bubbly. It's as if happiness, optimism and lightness of heart have all been stuffed into one bottle, and popping the cork turns whatever you're doing into something special. I can't think of an occasion where it wouldn't be entirely appropriate to enjoy a bit of sparkle – it's lovely with breakfast, fabulous for lunch and smashing with supper (possibly quite literally, if you've already enjoyed it at breakfast and lunch). Speaking of which, my view is that two - possibly three - glasses of fizz are probably enough at one sitting: it's intoxicating in both senses of the word, and the joie it delivers may

It's surprisingly hard to write about bubbly without using the words 'champagne', 'MCC' and

overpower your better instincts.

'sparkling wine'. 'Champagne' means bubbly made from grapes grown in the Champagne region in France, and the word can only be used to describe those wines.

MCC stands for 'Methode Cap Classique', and refers to bubbly made from local grapes in the traditional French way - also called 'Methode Champenoise' (the really excellent news is that South Africa makes some brilliant ones).

'Sparkling Wine' is simply wine that has been carbonated - in other words, an undiluted spritzer.

In terms of texture, the general view is, the smaller the bubbles, and the longer they keep streaming from the bottom of the glass to the top, the better the quality. On the subject of bubbles: although the French insist on pouring champagne directly into the glass, scientists say you preserve up to 25% more bubbles if you pour it like a beer, into a tilted glass.

As for the glass itself: please never use the bowl-shaped 'Marie Antoinette' glass or 'coupe': not only was it not modelled on the shape of the Queen's breasts, but it will also dissipate the bubbles more quickly, which is missing the point. There are some wine fundis who now say bubbly should ideally be drunk from a burgundy glass (quite a large red wine-shaped glass), but that's just silly. A champagne flute is what it's all about: it has a small surface area and looks like an instant celebration. Heavy flutes are best – they add a little gravitas to the occasion (and, of course, are harder to knock over).

Now, the colour. There are three ways of making clear champagne pink: leaving the red grape skins in contact with the juice for a little while, blending separately fermented red and white wine, and Seignée, the traditional French 'bleeding' of red grape skins, usually used to add more tannin to red wine, but also used in the production of rosé bubblies. So – not too much impact on the flavour, but a gorgeous effect on the colour.

Now, onto the bubblies themselves - for they are many and glorious:

PHOTOGRAPHS: ANÈL VAN DER MERWE, SUPPLIED

NICOLAS FEUILLATTE BRUT ROSÉ (ABOUT

R560): gorgeous aroma, lovely fine mousse (the poncy term for bubbles), this is rosy in scent and taste and absolutely fantastic

GROOTE POST BRUT ROSÉ (ABOUT R110):

lovely colour with a soft, subtle flavour

PONGRACZ ROSÉ (R152): complex and fruity

L'ORMARINS BRUT ROSÉ (R185): lovely bubbles and light but rounded fruitiness

GRAHAM BECK BRUT ROSÉ (R155): soft, dry, fine bubbles with a hint of

MURATIE LADY ALICE ROSÉ (R130): crisp, dry and citrussy

strawberry

KRONE ROSÉ (ABOUT R120): refreshing with hints of berry

PIERRE JOURDAN BELLE ROSE (ABOUT R130): look

beyond the garish label to the fact that it manages to be both dry and creamy at the same time - gorgeous!







Fridges Just Got Cooler

Think outside the box with Samsung's range of refrigerators designed to add a touch of style to any home.

Refrigerators have evolved considerably and are no longer ugly boxy occupiers of space in the corner. With open-plan living becoming increasingly popular, the kitchen is taking over as the entertainment hub of the home. More women and men, are spending their time cooking while entertaining their families and friends, and refrigerators have become a major décor focus in the social environment.

Making sure you have enough fresh ingredients on hand is essential to create a favourite dish or stretching your imagination by whipping up something a little bit more exotic. Popular television food channels have encouraged a whole new generation of foodies, guiding consumers to expand on their food repertoire - whether it's about catering on a grand scale or eating healthier home-cooked meals. In the same way Samsung has turned the old-fashioned icebox into a state-of-the-art storage unit. Offering an extensive range of options from Single, Double or French doors it has never been easier to find the perfect model to suit your lifestyle, kitchen and décor.

More than just a convenient home appliance, refrigerators are also making a design statement in their own right. With a wider range of options than ever

before, they now cater for everything from children's sticky fingerprints to teenagers' constant need for ice-cold water on tap. Samsung will help you narrow down the countless options and ensure you are confident that the refrigerator you're choosing will contribute to happy memories for years to come.

Finding the right fridge is all about understanding your unique needs. There are a number of convenient multi-tasking features to consider including water and ice dispensers, fast auto icemakers, big freezer boxes, wine shelves and even reversible doors. The mega capacity 893-litre four door model is ideal for a large family, while the smaller freezer combi unit, at just 595mm wide, is ideal for compact kitchens. Stainless steel finishes and LED displays will appeal to the hi-tech members of the family while qualities like silver nano anti-bacterial coating will make mom smile.

Additional piece of mind also comes standard when investing in a Samsung refrigerator. These units are equipped with Digital Inverter Technology that controls internal temperature more effectively improving cooling performance, while increasing energy efficiency. There are also the additional benefits of less noise and exceptional durability, backed by a 10-year Digital Inverter Compressor warranty.

Whether you're looking to complement your surroundings with a sleek little number that fits into your studio apartment or you're searching for a standalone unit that will cater to a large family, Samsung offers the perfect solution for all refrigeration needs.













UUKS

Esther's House

By Carol Campbell

(Umuzi)



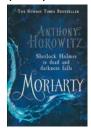
Esther and her friend Katjie have been shack dwellers for as long as they can remember. Every month or so they make their way down to the munici-

pal offices to check whether their names have moved up on the waiting list for a house, and every month they are told to be patient. Then a freak fire causes Katjie's hok to burn to the ground with tragic consequences, and Esther discovers that officials are accepting bribes in return for housing. Incensed, she decides to take drastic measures. Campbell tells a truly moving tale of the harsh reality of poverty and corruption. I was really affected by this story.

Ricky Woods

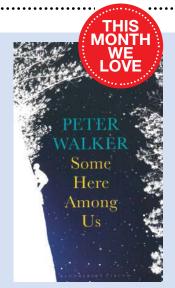
Moriarty

By Anthony Horowitz (Orion)



Arthur Conan Doyle created the detective Sherlock Holmes, only to later kill him off - as well as his nemesis, Professor Moriarty. Modernday writer Horowitz

picks the story up at that scene. His narrator is Frederick Chase, a New York detective – and he holds that there are glaring inconsistencies. When he hears of the deaths, Chase rushes to Switzerland. Another man there is Inspector Athelney Jones, who mimics Sherlock's methods. Deciphering the only clue leads them to Clarence Devereux, who appears to be filling the gap left by Moriarty. Multiple plot twists make for a thrilling read! **Anna Rich**



Some Here Among Us

By Peter Walker (Bloomsbury)

There's something about Morgan Tawhai. Despite being a student, he is not out to impress anyone. An intellectual and deep thinker, he can quote Shakespeare, Laurence Sterne, The Iliad and Bob Dylan in a heartbeat. He's a bit of loner but at the same time has a strange magnetism. People either hate him or are intrigued by him. Fellow students Race, Candy, Chadwick and FitzGerald belong to the latter group. The novel opens in 1967 Wellington, New Zealand, amid fears that more troops will be sent to fight in the Vietnam War. The group takes part in an anti-war protest where Morgan wields a sign that reads, 'All you need is love.' Forty years later, Race is watching his own son Toby go through the trials of young adulthood while the world is reeling from the shock of 9/11. The novel is grand in scale; documenting key moments in history as well as the lives of a group of students whose histories are inextricably connected. At its heart is the idealism and evanescence of youth. A brilliant, captivating read.

Sandra Parmee

The Age of Magic

By Ben Okri

(Head of Zeus)



This is Okri's first novel in seven years, and the premise is a beguiling one: several filmmakers travel from Paris to Switzerland while filming a documentary on the

meaning of Arcadia. Once there, each character is deeply affected by the beauty of the setting and undergoes a transition of some kind. The story is told through a kind of mystical, ethereal haze. If you like books that delve into philosophy and the psyche of each (rather disturbed) character, you might like this. Interestingly, the novel was awarded the Literary Review's Bad Sex in Fiction Award, for a love scene featuring a stray rocket going off in the night...

Sandra Parmee

The Temporary Bride

By Jennifer Klinec (Virago Press)



This is a memoir of love and food in Iran. Jennifer Klinec quits her corporate job and opens a cooking school in London, teaching authentic cooking

from all over the world. She travels to Iran to research authentic Persian food. There she meets Vahid, whose mother is to give her cooking lessons. Vahid is unused to independent women and is suspicious of her, but soon they become attracted to one another. Harsh Iranian laws and cultures make dating difficult, but Vahid finds a fascinating way of overcoming this obstacle. This foodie novel will have your mouth watering...

Yvonne Sonntag

The Paying Guests

By Sarah Waters (Riverhead Books)



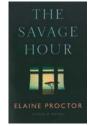
Set in post-war London in 1922, this sixth novel by the renowned author centres on a genteel family who have hit hard times. In order to preserve a

semblance of their former lifestyle, the widowed Mrs Wray and her daughter Frances are forced to take in paying guests Lilian and Leonard Barber. Their arrival disturbs the settled lives the two women are accustomed to. Lilian and Frances find themselves in an unexpected, possibly dangerous friendship with far-reaching consequences. Waters is a consummate storyteller who weaves tension and intrigue together with sensitivity and passion. Her characters are totally believable and this makes for another great read.

The Savage Hour

By Elaine Proctor

(Quercus)



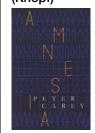
Set in South Africa, the story starts with the death of Ouma, an elderly doctor whose body is found in the dam on her farm. Most of her family and farm-

hands believe that she slipped and drowned. The community is devastated by her death as she had helped them not only with health issues but also any other troubles they were struggling to resolve. But then her 16-year-old granddaughter, who was also living on the farm, and a detective, a friend of the family, begin to question the cause of her death, and in doing so they expose fractures within the family. It's a good read, touching on all types of intricate relationships between some very intriguing characters.

Sally Kramer

Amnesia

By Peter Carey (Knopf)



When Gaby Baillieux releases a computer worm into Australia's prison computer system, hundreds of criminals walk free. Felix Moore, who refers to

himself as 'Australia's last serving leftwing journalist', believes it's up to him to uncover the truth about Gaby. 'How did a young woman from suburban Melbourne become America's Public Enemy Number One?' the blurb on the book asks. 'Sounds like fun,' I thought. Add the promise of cybercrime, and I was expecting Jason Bourne. What I got turned out to be far more tedious. Because of Oscar & Lucinda and True History of the Kelly Gang, I have forgiven Peter Carey a few things over the years, but this book truly tried my loyalty.

Erla Rabe

The Silent Sister

By Diane Chamberlain (St. Martin's Press)



Ricky Woods

After the death of her father, Riley MacPherson returns to her childhood home in North Carolina. Her brother Danny is her only The Silent Sister remaining family

member: her mother has been dead for many years and her older sister, Lisa, committed suicide when Riley was two years old. But while clearing out her father's home, Riley finds evidence that Lisa is alive. Why did someone stage her suicide, and why has this been kept from her? Riley is determined to discover the truth and to find her sister. She is left alone to go through her father's things, as Danny refuses to help. With each new discovery, she realises that her life has been built on a foundation of lies. An engrossing mystery; I thoroughly enjoyed it.

Yvonne Sonntag

<u>For your coffee table</u>





South African Artists at Home By Paul Duncan (Random House Struik)

Curious about what some of the country's best artists go home to? Paul Duncan's curiosity led to this lavish book filled with gorgeous images that give us a glimpse into their private space. For some of them, home is a haven after a long day's work; for others, home and work life intertwine. Either way, their pads offer us

> imaginations inhabit. It's a beautiful, thoughtfully compiled book that both you and your visitors will thoroughly enjoy leafing through.

Sandra Parmee

LOSE IT!

Sign up for LADIES THAT LCHF

Our 6-week LCHF programme specifically designed for women!



 You become part of a great community of women who are experiencing exactly what you are, and who have fabulous hacks and tips to share!

PLUS!

- There are actually eight weeks in total: you pay for six, and you get an extra two weeks of support completely free!
- There are no set dates you can sign up for any Monday that's most convenient for you.
- All this for just R600! Yes, that's right: R600. That's all it costs.

EACH WEEK YOU GET:

- A WEEKLY LETTER explaining your week ahead – with some excellent advice and tips to get you set
- AN INSPIRING WEIGHT-LOSS STORY: read about other Ladies That LCHF and share in their success
- A WEEKLY SHOPPING LIST
- A MEAL PREVIEW of the week & RECIPES for every meal
- A GREAT READ
- A FRIDAY WEIGH-IN
- ACCESS TO OUR ONLINE FORUM

What are you waiting for? Sign up to change your life and health forever.



We're so glad you asked – because it's designed especially for you if you're:

- wondering why you aren't losing weight – even though every man you know seems to lose as soon as he so much as says 'LCHF'
- not sure exactly what and how much – you can eat
- struggling to plan meals and come up with recipes for your LCHF lifestyle

got you covered! Our 6-week comprehensive programme is designed specifically for women like you. We know women often struggle to lose weight, so we've carefully engineered a course that will work. And don't worry – your

If that sounds

like you, we've

• We tell you exactly how to bant in order to maximise your weight loss AND turn your health around.

husband and kids can do

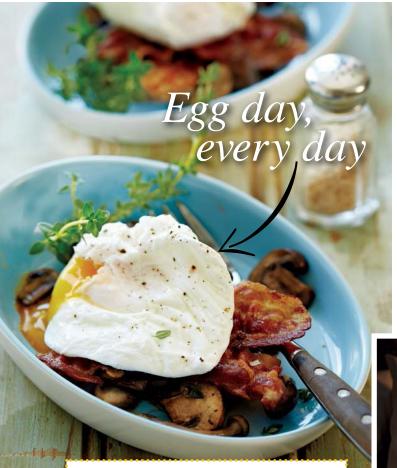
it with you too.

- Every single LTL recipe has been specially designed to help women shed the kilos.
- For six weeks, you don't need to think about what to eat: we tell you exactly what to do – and how to do it.

CONNECT WITH US COO

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Teath for the second se



APPLE ON THE MOVE

The new Apple watch hasn't provided as many tracking metrics as we expected. But it does prompt you to stand up if you've been sitting for too long: Mayo Clinic's Prof James Levine, an endocrinologist and advocate of the treadmill desk, refers to a study showing that four hours on screen-based

entertainment had 125% increased risk of events associated with cardiovascular disease. But.

glow in the dark

pressure, high blood sugar, and abnormal cholesterol levels. And, he says, 'Spending a few hours a week at the gym doesn't seem to significantly offset the risk.' The solution seems to be less sitting and more moving overall. Start by standing rather than sitting whenever you have the chance.

he adds, any sitting can be harmful: it's associated with increased blood

A complete protein is a single source of the right proportions of the nine amino acids our bodies need to function effectively. And an egg does the trick. It's also a good source of vitamin A and several B vitamins like folic acid and biotin – and plenty of choline, which, if lacking in your diet, results in liver and muscle dysfunction. The vitamins are all found in the yolk. If you're worried about your heart, a meta-analysis in the British Medical Journal found that if you eat up to an egg a day there is no association with increased risk of coronary heart disease or stroke. If you're at risk of diabetes, though, it may be wise to limit the number of eggs you eat - the studies aren't conclusive on this yet.

Well said

We need so much more openness, transparency and understanding that it's okay to talk about depression as an illness. It's not a weakness. It's not a moral shortcoming. It's not something people brought on themselves. JOHN F. GREDEN, MD (ON HUFFINGTON POST)

Struggling to sleep?

NEW!

The light-emitting diodes in your smartphone or tablet that allow you to see the screen in a dark room might interfere with melatonin, the hormone that helps control your sleep cycle. Like to read before bed? A Mayo Clinic study suggests you dim the brightness setting and hold your device about a rulerlength from your face.

PHOTOGRAPHS: GALLO IMAGES/ GETTY IMAGES, ANEL VAN DER MERWE, SUPPLIED

COMPILED BY PIA-ALEXA DUARTE FOOD EDITOR JUSTINE KIGGEN

Treat Mom like royalty with four ways with Earl Grey tea, PLUS great stuff on shelf.

Telus great stuffer to the stuff our ways with Earlies of the stuff of

things to look out for ...

in your



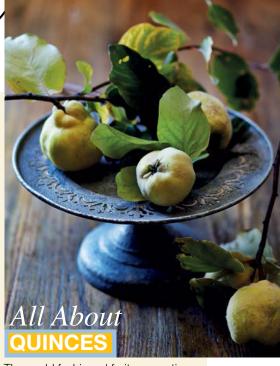


Clicks egg separator: This little gadget takes all the hard work out of separating eggs. It creates a vacuum that sucks up the yolk perfectly in one gulp and leaves you with the egg white. R49,95, at selected Clicks stores

Coconut sugar: This all-natural sugar, aka coconut palm sugar, is made from the sap of the coconut palm, which is then heated and dried to remove excess water while retaining many of its nutrients and minerals.

R89,99 (250g) Wellness Warehouse

.....



These old fashioned fruits are native to South West Asia, Turkey and Iran. They have a very tart flavour and hard flesh when raw, but when cooked slowly with sugar they magically transform into a soft, fudgy texture and blush pink colour with a gentle, slightly floral flavour.

Book review:

Rosa's Thai Café by Mitchell Beazley (Jonathan Ball)

A cookbook filled with beautiful, flavour-packed Thai dishes inspired by the meals from the famous Rosa's in Spitalfields in the UK. R320, at retailers countrywide.





ways with EARL GREY TEA this Mother's Day

1: LIGHT EARL **GREY ICED TEA**

Combine 2 cups of strong, cooled Earl Grey tea with 2 cups lemonade, a handful of fresh mint leaves and crushed ice. Serve immediately with a slice of lemon to garnish.



2. LIGHT EARL GREY TEA CAKE

Preheat oven to 170°C. Soak 250g dried fruit mix in strong, cooled Earl Grey tea. and mix a packet of vanilla cake according to instructions. Fold through the infused fruit and tea. Pour into prepared pan and

3. EARL GREY AND **BLUEBERRY JELLIES**

Lightly grease 6 small jelly moulds. Combine 1 cup of strong, hot Earl Grev tea with 3-4 tbsp sugar: stir until sugar has dissolved. Dissolve 13g gelatine in 1 cup boiling water; mix with tea mixture. Place a few blueberries in each mould and divide the jelly mixture between the moulds. Allow to set in the fridge. Serve with custard.



Place a few slices fresh ginger, 1 tsp chinese 5-spice and 2 cups Earl Grey tea in a saucepan. Bring liquid to a gentle simmer, then add 180g portions of salmon, reduce heat and poach fish for 10 minutes or until cooked through. Serve salmon with baby asian leaf salad and black sesame seeds.



TRIED THESE

LE CREUSET SOUP POT The perfect gift for mom from Le Creuset's Amethyst range, specially launched for Mother's Day. 26cm: R2374; 32cm: R3180

NUTRIBULLET:

This compact and versatile kitchen appliance maximises the nutrition of homemade smoothies and is easy to use - with great results! R1 995 from selected retailers

MRS BALL'S CHILLI CHUTNEY:

Spice up any meal with a dollop of Mrs Ball's Chilli Chutney. R22,99 (470g) at selected retailers



NUTR BULLET

PEPPADEW PASTA **SAUCES:**

Available in an assortment of delicious flavours, from classic Tomato and Basil to the piquant Pepper and Garlic. These are a pantry staple for guick, easy and delicious afterwork dinners! Simply add cooked pasta and serve. R25,99 (400g) at selected retailers



CROSSE & BLACKWELL TRIM

LOW OIL DRESSING is the ideal dressing or dip for those of us who are watching our weight, or simply as a low-fat alternative to mayonnaise. From R16,99; in 390g and 790g glass jars from selected retailers.

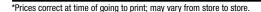




WAITROSE ORGANIC **CANADIAN MAPLE SYRUP:**

Pick n Pay stores.

The crème de la crème of syrups. this is perfect served with french toast, pancakes and waffles. R94,99 for 330g from selected Food Lover's Market stores.



BY LIESL ROBERTSON OTHER OTH



Dark walls

White walls are often lauded for their airiness and their ability to expand a space, but dark, dramatic shades work their own type of magic.

TO GET IT RIGHT, STICK TO THESE SIMPLE RULES:

- **1.** Choose a space with lots of natural light. Painting an already dim room a dark colour is a sure way to make it seem gloomy.
- **2. Prep the walls!** Dark colours draw attention to the texture of the wall, and, as with applying lippy to chapped lips, this might just make it look worse. So make sure you start with a flawless base.
- **3. Buy the right paint.** A glossy finish works well in high-traffic rooms like kitchens, but remember, the glossier your paint finish, the less forgiving it is when it comes to imperfections.
- **4. Apply paint smoothly.** A dark colour will amplify every mistake, so get a professional in if your paint jobs usually look patchy or streaky.
- **5.** Add contrasting features in the room. Too many dark elements can seem suffocating; add visual interest with natural materials like light woods, textured pieces, mirrors, glass, greenery, soft ethereal colours or bold metallics.
- **6. Find the right pairings.** Anything you put on or against a dark wall will draw the eye, so make full use of it go for a sculptural armchair in a pastel hue or an art piece with a pop of neon. When in doubt, opt for white.

Still feeling a bit wary? Go for one statement wall or nook (under the stairs, for instance) with well-defined boundaries, and stick to colours like charcoal, navy blue or black.



pick of the MONTH

Our latest design crush? MBA.

These practising architects (MBA is short for Made
By Architects) have branched out
into making benches, tables,
stobles (stools/tables) and bar
stools with a special emphasis on
architectural qualities and principles.
The ribcage bench is made from
solid laminated bamboo and finished
with brass, stainless and galvanised
steel detailing and an eco-friendly

LIMITED EDITION RIBCAGE BENCH (R9 900) MBA finishing coat. The length can be customised up to 3m. 'Every ribcage bench is unique, and each is also fitted with its own custom-made brass number medal,' say designers René Winzker and Wilhelm Louw.

PHOTOGRAPHS: GREATSTOCK/LIVING4MEDIA, SUPPLIED



We've hand-picked the best oin your tea houses in nurseries. What better way to spoil your mother on Mother's Day than with tea, cake and flowers! an Mother's Con Mother's

CARYN MCARTHY AND JANA WESSELS

THIS MONTH sweetpeas



Richard Morris manager of Starke Ayres in Mowbray, gives us his top tips for planting

- 1. Prepare a well-drained trench at least 50cm deep with a generous amount of compost, 200g bone meal per square metre, and Talbourne 315.
- 2. My sweet peas flourish when I also mix in dolomitic lime (handful per linear metre with the above) as they love alkaline, rich humic, well-fertilised, well-drained soil.
- **3.** It's best to plant in mid-April in the Western Cape. Early birds in Gauteng start at the end of April. Plant no later than June.
- 4. Sweet peas love sun, so choose a sunny spot.
- 5. I plant the taller Multiflora Cultivar seeds 12–15cm apart so they're not competing with each other, then interplant between these seeds 14 days after planting the first (you can prolong flowering by 45 days, well into October).
- **6.** This is one plant that thrives when the blossoms are picked. So don't hold back - fill your house with posies of sweetpeas.
- 7. To get a strong, healthy framework for my blooms, I feed them Kelpac weekly for the first month.





Starke Ayres

TEA HOUSE AT STARKE AYRES MOWBRAY

This gorgeous tea house is a real hideaway, tucked away in the middle of the nursery. It is a wonderful place to just sit and watch the world go by. Their menu is simple but delicious and they do have gorgeous cakes on offer. A must if you are in the Western Cape.

Ludwig's Roses



SPICED COFFEE RESTAURANT AT LUDWIG'S ROSES

This beautiful restaurant is nestled amid the splendour of roses and is the ideal place to rest after a stroll in Ludwig's extensive garden and fields. Enjoy freshly baked cakes, rose-inspired delicacies or something a bit more hearty if you've worked up an appetite after your walk.

For more info, email spicedcoffee@ ludwigroses.co.za.

TOP TIP

HEIKE TASCHNER JESKE OF LUDWIG'S ROSES

Winter is the time to replan your garden, replant, neaten up, prune and improve your soil content for amazing results in spring! If you missed sowing your seeds in early autumn and want a colour burst in your garden, plant autumn annuals and container roses in bud or bloom, just before the winter starts, as they settle quickly and will keep on flowering through winter in the temperate climates of Gauteng.

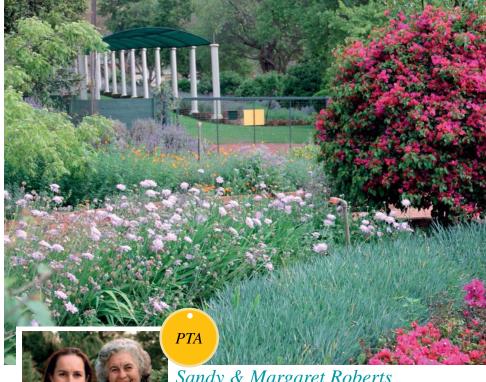
Spade Design Centre

DENZIL BURMESTER OF SPADE DESIGN CENTRE

Our weather patterns are all over the place due to climate change. To support your plants, use organic compost and fertilise feed, feed, feed. To get ready for winter, prune faded and scraggy flowering plants. I only use mushroom compost, and Neutrog Bounce Back or Neutrog SeaMungus fertilisers. For

your lawn, use Neutrog Blade Runner. Contact Denzil on 082 880 1327 or Dee's cafe on 073 588 7339





Sandy & Margaret Roberts of Margaret Roberts Nursery share their tips for the winter months.

• Start your winter garden with lettuce, beetroot, celery, mustard, watercress, echinacea, sage, violets and calendulas to build the immune system.

• Interplant edible flowers - snapdragons, carnations, pansies, evening primrose and elder - with vegetables like kale, broccoli and peas. This way you'll have daily pickings from your garden which will keep colds, flu and coughs at bay. Should you feel a cold is threatening, make a tea like violet, sage or echinacea from our tea book.

• Start to build your compost heap for late winter soil feeding. It's worth its weight in gold. Use raked leaves, kitchen peelings and lawn clippings for your compost.

• Use Margaret Roberts organic sprays and insecticides before the spring onslaught of pests. These products are available from nurseries countrywide.



Wafts of herb bread and the favourite scented geranium scones are just some of the delicious treats on offer at the restaurant at the Margaret Roberts Herbal Centre. See www.margaretroberts. co.za for directions and more on the Herbal Centre.

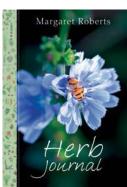
STRUIK NATURE IS GIVING ONE LUCKY READER A COPY OF MARGARET ROBERTS'S TEA BOOK AND HERB **JOURNAL**

HOW TO ENTER: SMS the keyword **HERBS**, along with your full name. physical or postal address and email address to 33136. SMSes cost R1.50. Free SMSes don't apply.

CLOSING DATE: 31 May 2015. For rules of the giveaway, see page 145.



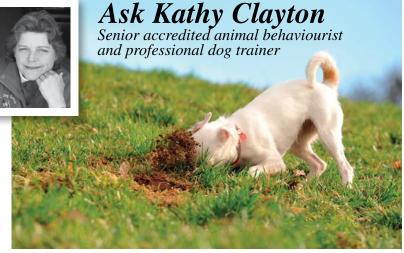
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How to help your pets – whether they need a special spot, or dig a lot.

Pets



Our dog is just over a year old and loves digging in the garden. He is slowly but surely destroying every bed and killing all our plants. How can we make him stop? Another issue is that he is very scared of everything, even though he's large. How do we build his confidence?

Kathy: The first thing to understand is that many breeds – such as terriers – are bred to dig, and some – such as Labradors – are known as 'landscapers'. You don't mention his breed, but if it is one of these, he's likely to love digging – and will continue to for many years!

Dogs also dig if they're bored. If they get no stimulation (no daily walks, or no toys to play with), they're very likely to find a way to occupy themselves – and digging is fun. Some dogs dig to make a cool place to lie in when it is hot and some unspayed female dogs make a den for real or imaginary puppies. And because dogs bury bones, when their owner gardens, they want to find out what has been buried. Finally, their hearing is so acute that they can hear insects, and even water rushing through irrigation systems underground, and will dig to get to the noise. Crickets drive dogs crazy! Try to find out if there are creatures underground; if you're able to get rid of them, it'll help.

Create a special area where your dog is allowed to dig – bury things there for it to find, and it will realise that it can play and dig in this spot. Children's clam-shell sand pits make wonderful digging areas.

It is worrying when a big dog is scared of things. Get help from a behaviourist to show you how to build up confidence with love, praise and lots of treats when he is being calm. It will take time and patience.

TOP SPOT!

Cats like to make use of both horizontal and vertical space in their territory. There are many benefits to providing a safe, high perch for your cats. If they're nervy, they can escape from children, dogs and other cats; if they're adventurous, they can explore and play; and whatever their disposition, they will love being able to survey their world from above. Here are some ideas:

- Wall mounted shelves, especially in tiers.
- Cat trees or scratch posts with perch areas just make sure the base is properly secured.
- Old tree branches from non-toxic trees and shrubs – again, well-secured for safety.

Kathy Clayton (011) 783 3042, kcdogs@global.co.za or www.kcdogschool.co.za



Dee Hendrickx believes that pet birds don't deserve to be stuck in 'jail' - and that, at the very least, they don't need to be cage-bound all day. But many bird owners don't know the first thing about the correct care for their feathered friends. This need for education, and the desperate cases of neglect and abandonment, is what inspired Dee to hatch Brainy Bird Rescue.

This small organisation is dedicated to the wellbeing of all species of companion parrots. The rescue facility is equipped to handle a few parrots at a time, including those with special needs. They support the birds mentally and physically, providing them with lots of freedom, excellent food, foraging material and stimulation - in a beautiful garden with climbing and open areas. The parrots are checked regularly and tested for disease by avian vets.

Brainy Birds specialises in working with larger parrots - macaws, cockatoos, African Greys and Amazons - but have experience with nearly every species of parrot kept in captivity, including many smaller species like cockatiels, conures, loeries, lovebirds, parrotlets and other small hookbills.

And once rehabilitation of each parrot is complete, nothing is more important to Brainy Birds than finding a loving home for it, where it can get the individual attention it needs to be happy and healthy.

Brainy Birds takes great pride in helping you to take better care of your bird. Whether you're interested in surrendering, adopting, volunteering, learning, or are just plain into parrots, Brainy Birds will take you under its wing







- · How to stop it from biting and screaming
- Taming your parrot to become loving yet independent
- How to shower or bath your parrot
- 'Potty training'
- Understanding your parrot
- Feeding, teaching natural foraging ways, and general care
- Educational seminars at schools and events

For more information, contact Dee on 079 426 5572 or email her on deehendrickx@gmail.com. Brainy Bird Rescue is based in Johannesburg.

est bus

Wireless bluetooth headphones are gaining popularity as people spend more time on the go. A good pair will make a real difference to your listening experience, but the variety can make choosing a pair challenging. We're here to help!

**** JABRA MOVE About R1 499



Design and build quality: Trendy, sturdy design with subtly stylish matte finish. Well constructed but quite heavy compared to some other models.

Comfort and fit: Adjustable headband fits comfortably; ear pads quite small and not snug around the ear uncomfortable for long periods.

Ease of use: Automatic pairing mode complicated. A pre-recorded voice gives directions - great at first, irritating after.

Wireless range: 10m

Sound quality (frequency response): Impressive sound quality for the price; extended low frequency response produces clear, warm sound that is subtle and enjoyable to listen to. Excellent bass reproduction with great dynamics and sub bass frequencies. Isolation/noise cancellation: Effective isolation. Noise cancellation is not one of the features, but with isolation this good. outside noise should not be too much of a problem in most

Battery life: Up to 8 hours listening time on one charge **Useful features:** USB cable for charging, analog cable for when there is no battery power and an automatic pairing mode.

BEATS STUDIO

About R5899,99 from Incredible Connection, Dion Wired and Musica

Design and build quality: Sleek-looking; successful blend of ergonomic design and excellent sound. Build quality good.

Comfort and fit: Extremely comfortable; they fit snugly for long periods. Stay firmly on during exercise. Foldable design great for easy portability.

Ease of use: Easy access to controls and simple operation but functionalities quite basic. Can use an analog cable.

Wireless range: 10m

Sound quality (frequency response): Sound quality was very good - dynamic punch with excellent clarity. Bass response a bit much; extremely energetic. Low frequencies were well in-focus, providing good clarity with a rich bass experience, but once exposed to higher volumes, became badly distorted.

Isolation/noise cancellation: Excellent – effective noise control, ambient noise disappeared. Dual noise cancellation excellent too. Battery life: An impressive 12 hours listening time – the longest. Useful features: Wired or wireless, volume control, NFC pairing, AES echo and noise cancellation, plug for AC charging.

SAMSUNG LEVEL OVER

About R3500 from Samsung brand stores

Design and build quality: Beautiful classy headphones with sleek wraparound design. Excellent build quality - sturdy and elegant.

Comfort and fit: Padded headband and ear-cups are extremely comfortable and barely discernible. The cups are soft with a snug fit, which provide an opulent listening experience for hours.

Ease of use: Set-up instant and uncomplicated. The touch pad volume and track controls on the side of the ear-cups worked very well, but are not easily visible. Foldable design for easy portability.

Wireless range: 10m

Sound quality (frequency response): Pumps out clear, punchy lows with excellent dynamics. Impressive soundstage with a good level of detail and limited distortion. Bass not as strong and rich as others; well-balanced sound overall. Audio enthusiasts who prefer a more exciting, energetic sound might find response a bit 'flat'.

Isolation/noise cancellation: Exceptionally effective.

Battery life: Up to 10 hours on a charge

Useful features: Wireless; adapter for airplane/headphone sockets.



JBL SYNCHROS (E40BT)

About R1 499 from DionWired. Musica and Makro

Design and build quality: Sturdy and attractive; hinged for storing. Adjustment mechanism a bit flimsy.

Comfort and fit: Larger ear pads and headband padding soft and snug.

Ease of use: Effortless set-up; controls easily accessible. No auto-pairing; good instruction manual. Foldable for portability. Wireless range: About 16m

Sound quality (frequency response): Impressive low level dynamics; mid-range frequencies clear and detailed, slightly higher frequencies quite subdued. Very high volumes created powerful, bombastic sound with low distortion. Great for hardhitting sound with a thudding bass.

Isolation/noise cancellation: Isolation and echo cancellation adequate. No noise cancellation; fine with reasonable isolation.

Battery life: Up to 16 hours on a charge

Useful features: Microphone, echo cancellation, Share-me feature (wireless music sharing with other devices that support this feature.) Includes analog cable for low battery use.





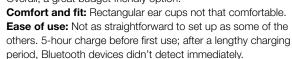
TEST HOUSE AND ONLINE EDITOR TASNEEM LARNEY testhouse@fairlady.com ON OUR TEAM RICHARD HARRIMAN - CAPE AUDIO COLLEGE

PRESTIGO PBHS2

About R449 from kalahari.com

Design and build quality:

Affordable, user-friendly headphones with basic features. The rectangular on-ear design is compact and attractive with useful hinge design. Not as sturdy as some of the others. Overall, a great budget friendly option.



Wireless range: 10m

Sound quality (frequency response): Very dynamic sound with overly dominant bass response. In our tests, the mid-range had little detail, and high frequencies lacked dynamics and continued weakly. Overall, the reproduction was satisfactory, offering a basic listening experience, but the volume did turn up very high, and the high-end is not rounded and natural.

Isolation/noise cancellation: Our experts found the NFC noise cancellation not that effective. The ear cup design makes little attempt at providing suitable isolation.

Battery life: 9 hours

Useful features: Bluetooth, NFC pairing, transport controls on

the headset, analog cable included.



Design and build quality: Cosy ear pads with enough pressure to clasp firmly. Lightweight frame not as sturdy as some of the others.

Comfort and fit: Slightly smaller fit a bit tight. Smaller ear pads can affect outside noise isolation. Lightweight

design goes unnoticed during long listening sessions.

Ease of use: User-friendly with a few clever functionalities. Easy initial set-up; intuitive controls. Volume switch, analog output and USB charging socket on the side. Manual NFC pairing straightforward. Large play/pause button covers entire right earpiece for quick pause and playback; accidential pressing results in loss of sound.

Wireless range: +/- 15m

Sound quality (frequency response): Adequate – not as powerful as others; delivery not as smooth. An evident lower mid range thump brings dynamics from kick and bass elements into focus; some low frequencies had limited bass. Mid-range lacked clarity; higher volumes audio quality deteriorated.

Isolation/noise cancellation: No proper ear isolation, so unusable in very noisy environments.

Battery life: Up to 9 hours of listening time

Useful features: Wired or wireless, volume control, NFC pairing,

AES echo cancellation and noise cancellation.

Bluetooth, hands-free earpiece

JAWBONE ERA

About R1 099 from takealot.com. Incredible Connection and kalahari.com

A well-constructed, stylish earpiece, packed with great functionalities. The Jawbone Era is an incredible hands-free earpiece for those on the go. Comfort and fit was superb; multiple-sized ear mouldings to fit the listeners ear are included a very useful feature. Setup was instant and didn't require any lengthy charging periods. Once switched on, detection was immediate by a range of Bluetooth devices. Sound quality was very good for its actual purpose - the earpiece is not designed for hard-hitting sound reproduction and should be used as a hands-free mobile phone device for those on the move. Noise cancellation is very effective – but in the format of a single earpiece, not much can be isolated from the unused ear. This can cause isolation problems when listening to music, but provides adequate separation when talking on the phone. In-ear passive isolation was exceptional. This earpiece is excellent value for money.

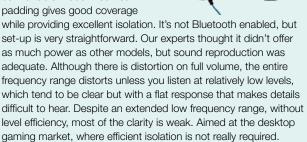


Not Bluetooth enabled

LOGITECH (G430) About R950 from major

retailers

An inexpensive, user-friendly, comfortable model - soft ear padding gives good coverage



Useful features: There are various, excellent enhancements in the G430. Supplementary software is available from Logitech that provides control over some of the more advanced elements of the system. An equalizer, microphone control and level control are available directly from the software – this is a great feature for laptop and desktop PC users. They give you a surround sound experience if the source material is presented in 5.1.



YOUR CHOICE

Some models are great for listening to music at home, while smaller, more portable models keep you listening in comfort on the move. Headphone features vary: some offer noise isolation, wireless operation, onboard controls, and mobile phone functionalities.

THE DIFFERENT TYPES

Over-ear: These large headphones have cushioned pads that cover the entire ear, making them more comfortable for long periods with good sound quality. Expect earphones that fit well and deliver clean, powerful sound with an emphasis on crisp mids and highs.

Open-back headphones: The backs are not completely sealed off. This can provide a more natural sound, but they tend to leak more noise.

Closed-back headphones: The backs of the ear pads are completely sealed off so the sound can be a bit muffled, but the seal prevents sound leakage and blocks out unwanted noise.

In-ear: The most common type, these are lightweight, portable and cost-effective. They offer a 'flat response' with purer, less sculpted audio signal but good definition on low frequencies. They're more susceptible to sound leakage and often too loose for comfort. If your want booming bass, these don't deliver the best sonic experience.

WHAT TO CONSIDER

Great sound quality: Good headphones should deliver full sound that's balanced between bass frequencies and treble, producing rich, deep sound and excellent clarity.

Comfort, fit and feel: Comfort is vital – it can vary from person to person, or even from ear to ear. The best way to test headphones is to try them on.

Noise cancellation or sound-isolating headphones: To cut out the noise from the outside world and crank up your volume, you'll need this feature. Sound-isolating headphones fit snugly over or in the ear to eliminate ambient sound, and deliver better sound quality than noise-cancelling models, which have tiny built-in microphones and battery-powered electronics that produce sound waves in an inverted phase to external sounds to cancel them out. They effectively eliminate unwanted low-frequency noise (such as traffic).

GOING WIRELESS

Wireless headphones are convenient. They use three types of signals to send the sounds from the source to the headphones: infrared, radio frequency and Bluetooth. They allow you to listen to music without having to be tied to the audio source, using one of the three to transmit sound to your ears.

Infrared: These headphones use an infrared (IR) beam to transmit sound from the base unit. With a range limited to about 7m, the infrared signal can be blocked by walls and other objects. Infrared sets are more cost-effective and less vulnerable to interference than radio frequency headphones. Sound quality can also be better because audio is transmitted separately to the right and left headphones for a true stereo sound. Some infrared headphones also transmit

signals digitally, which improves the sound. These are great for watching TV or listening to music from your MP3 player or hifi while in the same room.

Radio frequency: These use radio waves to transmit the signal. Unlike the infrared variety, you can use radio frequency headphones in different rooms from their source, and signal is less likely to be blocked. But, being too far away from the source can cause interference, which will sound like heavy static.

Bluetooth: This open wireless technology is often used with cellphones. The main advantages of Bluetooth wireless headphones are that they can connect to any other Bluetooth-enabled device and have limited interference. Bluetooth technology uses a short-range digital radio signal to transmit sound, and often provides good sound quality. These allow you to link your headphones to a digital music player or phone without a cable.

KNOW THE LINGO

NFC pairing (Near Field

Communication): This allows users of NFC-enabled devices to pair over Bluetooth by simply bringing them into proximity with each other – this will only work if both devices support NFC. If your playback device does not support NFC, the regular setup process applies.

Automatic pairing mode: This allows two devices to pair automatically over the Bluetooth network without a set-up procedure. You will be required to select your listening device, but no further set-up is required.

AES Echo cancellation: Digital Echo Control, more commonly known as Acoustic Echo Suppression, improves quality by removing or preventing line echo.

Digital Signal Processing (DSP):

enhances frequency response. Playback systems vary dramatically, and to provide the kind of translation they claim would require a frequency response that focuses more on an accurate reproduction and a more 'exciting' listening experience.

Share-me feature enables wireless music sharing with other devices that support this feature.

testhouse.fairlady.com

Go online for the complete survey with all the other products we tested.

All FAIRLADY Consumer Test House products are tested in the manner in which a regular consumer would use these items, in order to approximate our readers' experience as closely as possible. Consumer Test House products are not tested by the SABS, the CSIR or any other South African scientific testing body unless otherwise stated. Prices correct at time of going to print.

Win

A TEMPUR MATTRESS, PILLOWS AND BED BASE TO THE VALUE OF R 50 000!

Get the best night's sleep!

e all know how essential sleep is to our wellbeing and most of us need more slumber. Design your best night's sleep, every night, with TEMPUR's sleep solution of temperature-sensitive mattresses, pillows and adjustable bed systems. After all, your mattress should conform to the shape of your body, giving you restful and luxurious sleep every night. TEMPUR offers you the perfect balance of total comfort and superior support – soft where you want it, firm where you need itTM.

To ensure luxe and restful sleep, you need to get four things right: • Mattress • Pillow • Bed base • Bed frame

TEMPUR has developed several different product ranges within each of these different

elements so you have options to choose from to optimise your sleep. The TEMPUR range includes mattresses, pillows, and adjustable bases, as well as accessories and linen.

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QUESTION: Name two things you need for good sleep. HOW TO ENTER: SMS the keyword SLEEP, along with the answer, your full name, physical or postal address and email address to 33136. SMSes cost R1,50. Free SMSes don't apply. Or fill in the coupon on page 145.

CLOSING DATE: 31 May 2015.

For rules of the competition, turn to page 145.



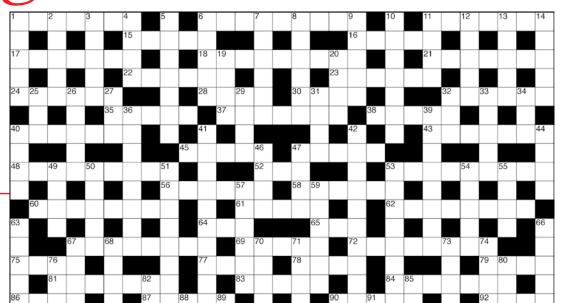
MegaXword **COMPILED BY CHRISTINE LOVATT**

102

131

42

119



The senders of the first four correct Mega-**Xword entries** drawn will each win a hamper from Penguin **Random House South Africa** worth R765 each, including:

Lost & Found by **Brooke Davis**

98

118

130

154

190

195

163 164

115

126

134

In a quest to reunite little Millie with her mother. strangers Agatha and Karl discover that life's greatest adventures exist outside of their comfort zones.



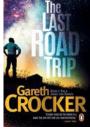
Blood on Snow by Jo Nesbo

Olav is a fixer who's been hired to kill his boss's wife - the woman he also happens to be in love with.



The Last Road Trip by Gareth Crocker

After the passing of a man they hardly knew, four elderly friends leave their retirement village and enjoy one final trip together.



How to enter

Send your completed crossword, with your name, postal or physical and email address and telephone number, to FAIRLADY MegaXword No 107, Box 7183, Roggebaai 8012 to reach us by 31 May 2015. The editor's decision is final and no correspondence will be entered into. Prize may not be converted to cash. Staff members of Penguin Random House South Africa and Media24, as well as their advertisers, PR and digital agencies and their immediate family members, may not enter. Photocopies are not allowed. CLOSING DATE: 31 May 2015. For rules, see page 145.

100

129

168

92

183

138

143

152

161

181

188

101

125

MegaXword No 107 © COMPILED BY LOVATTS CROSSWORDS WWW. LOVATTS. COM. AU

ACROSS

- 1. US cotton state
- 6. Unfilled jobs
- 11. Took on
- 15. Duck's mate
- 16. Hiking holidays
- 17. Presented with
- 18. Wood-smoothing sheet
- 21. Cyberspace personas
- 22. Visual spectacles
- 23. Small computer
- 24. Inborn skill
- 28. Tidy, spick & ...
- 30. Padlock clasp
- 32. Actor, ... Irons
- 35. Keen
- 37. Place
- 38. An ... but a goodie
- 40. Aural orifice
- 43. Actress, ... Paltrow
- 45. Geometric shape
- 47. UK racecourse
- 48. Telephonists
- 52. Thabo Mbeki's party (1,1,1)
- 53. Escape clauses
- 56. Coronets
- 58. Cuban capital
- 60. Conclude
- 61. Ache
- 62. False pretences
- 64. Former Chinese leader, ... Zedong
- 65. Typist's com plaint (1,1,1)
- 67. Liberates (4,4)
- 69. Explorer, ... Polo
- 72. From Edinburgh
- 75. Chamber
- 77. Grape variety, pinot ...
- 78. Male deer
- 79. Yemen's neighbour
- 81. Mail sack
- 83. Beaten with rod
- 84. A person
- 86. Stink
- 87. Robbery
- 90. Spiral nail
- 92. Actress, ... Winslet
- 93. Subside
- 95. Republish
- 96. Dodges (duty)
- 98. 365 days
- 99. Pacific nation
- 100. Fable writer
- 101. Failures
- 102. Crest
- 103. Star of 30 Rock,

- ... Baldwin
- 104. Sudden invasion
- 106. Rent out again
- 110. Contains
- 113. Actress, Mary ... Hurt
- 115. Las Vegas is there
- 116. Providers of loans
- 117. Regard favourably
- 118. Unsuspecting dupes
- 119. Perhaps
- 122. Family vehicle
- 125. Hades
- 126. Descriptive nickname 127. Masculine
- 100 Duitinh mh
- 129. British physicist, ... Hawking
- 130. Tropical root vegetable
- 131. From Bangkok
- 132. Sworn promise
- 133. Cash points (1,1,2)
- 134. Latest
- 137. Rubbish
- 138. Thought of
- 142. Emirate, ... Dhabi
- 143. Negotiable (1,1,1)
- 145. Fascinates
- 146. Proportion
- 149. Communicating
- 151. Slogged
- 152. Casual garment (1-5)
- 154. Restricts to stereotype
- 156. Curve
- 157. Protecting
- 159. PA, per ...
- 161. Inhabit in ghostly form
- 163. Large stork
- 168. Denied
- 171. Body part
- 171. Body part
- 176. Whip (yolk)
- 177. Sew
- 180. Jolly laugh (2,2)
- 181. Military subdivision
- 183. Christian festival
- 187. Stacked
- 188. Despoil
- 190. Historical records
- collection 191. Crisp sugary
- confections 192. Furiously
- 193. Muddle

- 194. Join (contest)
- 195. Precook
- 196. More disobedient
- 197. Biofuel

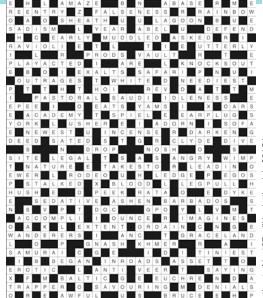
DOWN

- 1. Stop! (nautical)
- 2. In vain, to no ...
- 3. Attachment (3-2)
- 4. Tots up
- 5. Hangs loosely
- 6. Waistcoats
- 7. Passionate
- 8. Ballroom dance (3-3)
- 9. Bandage (up)
- 10. Words of encouragement (3,4)
- 11. Post haste (1.1.1.1)
- 12. Declaim
- 13. Copy outline of
- 14. Handsome
- 19. Serpents
- 20. Different
- 25. Farmhouse cooker
- 26. Early anaesthetic
- 27. Israeli port, ...
 Aviv
- 29. Put on ... & graces
- 31. Onto
- 32. Judaism follower33. Drummer, ...Starr
- 34. Rug
- 36. Vigorous exercise classes
- 39. Uninformed
- 40. Greek Cupid
- 41. Therapies
- 42. Puritanical 44. Boo & ...
- 44. Do
- 46. Pap47. Reverberate
- 49. Norse navigator, ... the Red
- 50. Wow
- 51. Ship's lowest
- decks
- 53. Ball/stick game
- 54. Qualifying rounds
- 55. Emblem of Wales57. Nuclear
- 59. Overseas
- 63. Depict
- 66. Metal chimneys
- 67. Cigarette puffer
- 68. Peerages
- 70. Country, Saudi ...71. Smile, say ...!73. Frozen cover
- 74. Sounded (horn)

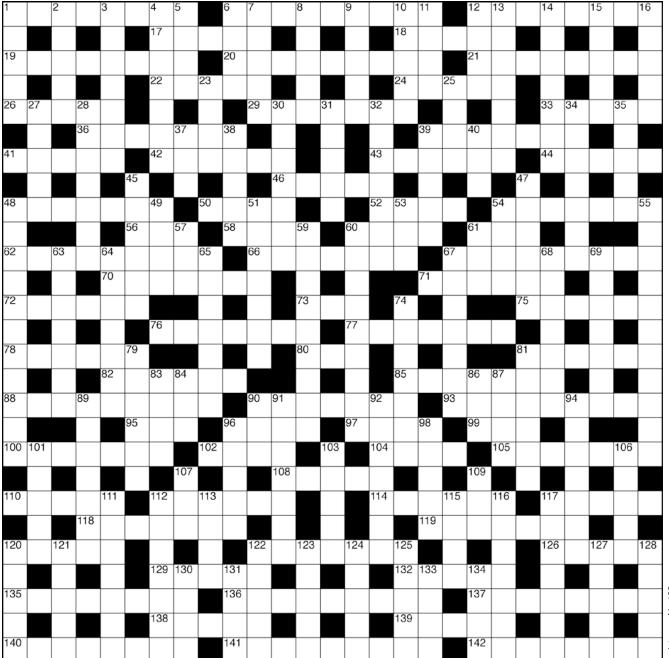
- 76. Prima donna (5,6)
- 80. Dimension
- 82. Interrupting
- cough 85. Has to repay
- 88. Improperly
- 88. Improperly 89. Thick syrup
- 90. Neuter
- 91. Stretched (for) 94. Ventured
- 97. Invalidates
- 104. Replay
- 105. Dictator106. Roof beam
- 107. Weak (excuse)
- 108. Inequitable109. Stringed
- instruments
 111. Fasting period
- 112. Become involved (4,2)
- 113. Decapitate
- 114. Suppresses (feelings) (5,2)
- 120. Non-believers in God
- 121. Groups of troops 123. Addis Ababa
- natives
- 124. Attacks
- 127. Ripe 128. Celebratory
- yells 135. For a particular
- purpose (2,3) 136. Extinct reptile

- 139. Persians
- 140. Painting stand
- 141. Click (fingers)
- 144. Against
- 147. ... & Eve
- 148. Longing
- 150. Flower stalk
- 153. Elderly
- 155. Pass (legislation)
- 158. Sketches
- 160. Great Salt Lake
- state 162. So be it!
- 164. Government bill
- 165. Thrilled crv
- 166. Ransacks
- 167. Foils
- 169. Supplement, ... out170. East-northeast
- (1,1,1)
- 172. Encryption
- 173. ... & scraping 174. Gold lump
- 175. Flag
- 177. Acute 178. Lav oneself
- open to
- 179. Nile River city 180. Macho guys (2-3)
- 182. Electroshock weapon
- 184. Flooded 185. Coordinate (3,2)
- 186. The R of RSPCA187. Cure189. Dublin republic

Solution to MegaXword No 105



Brainteaser





WIN ONE OF 6 AFRICAN EXTRACTS HAMPERS WORTH R500 EACH!

Inspired by Nature, African Extracts Rooibos skincare products contain Bio-Active Rooibos, a natural extract of green Rooibos that is rich in antioxidants, plus other active plant extracts and vitamins to nourish, soothe and protect skin.

How to enter

Send your completed crossword, with your name, postal or physical and email address and telephone number to FAIRLADY Brainteaser No 106, Box 7183, Roggebaai 8012 to reach us by 31 May 2015. The editor's decision is final and no correspondence will be entered into. Prize may not be converted to cash. Staff members of African Extracts and Media24, as well as their advertisers, PR and digital agencies and their immediate family members, may not enter. Photocopies not allowed. **CLOSING DATE:** 31 May 2015. For rules of the competition, see page 145.

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ACROSS

- 1. Questioner
- 6. Shrove Tuesday (5,4)
- 12. Defeatists
- 17. Spinning toys (2-3)
- 18. Naval officer
- 19. Retracts (claw)
- 20. Birthplace of The **Beatles**
- 21. Indelicate
- 22. Used needle & thread
- 24. River-mouth flats
- 26. Cutting ray
- 29. In a group (2,5)
- 33. Disliked
- 36. Flying sortie (3,4)
- 39. Pamphlet
- 41. Resupply with guns
- 42. Restaurant patrons
- 43. Preens
- 44. Backless sofa
- Very angry
- 48. European language
- 50. Infant
- 52. Lofty
- 54. Tiny puncture
- 56. Cloth cap or panama
- 58. Bright (future)
- 60. Engine turns
- 61. Corn on the ...
- 62. Identification of disease
- 66. Height

- 67. Front courtvard
- 70. Public speakers
- 71. Tender
- 72. Leave empty
- 73. Genetic fingerprinting, ... testing (1,1,1)
- 75. Strainer
- 76. Shrivels up
- 77. Large ball-filled cushion
- 78. Mythical reptile
- 80. It takes ... to tango
- 81. Seethe
- 82. Collared
- 85. Intervenes (5,2)
- 88. Forefathers
- 90. Poetry reading
- 93. Outlaws
- 95. Darjeeling crop
- 96. Display shelf
- 97. Appear to be
- 99. Label
- 100. More suggestive
- 102. Wedges forcibly
- 104. The Proposal actor, ... Reynolds
- 105. Sexes
- 108. Not talked about
- 110. Devastation
- 112. Actress, ... Bonham Carter
- 114. Spectator seating structures
- 117. Short tubular pasta

- 118. Mauled ferociously
- 119. Door locks
- 120. High heels
- 122. Clashing instrument
- 126. Inferno's blackened particles
- 129. Dilute, ... down
- 132. Familiar
- 135. Pitiless
- 136. Nationalistic
- 137. Fleeing justice (2,3,3)
- 138. Submarine overhaul
- 139. Actress, Demi ...
- 140. Revamps
- 141. Unending
- 142. Costume fitters

DOWN

- 1. Artist's tripod
- 2. Aids (felon)
- 3. Meantime
- 4. Unsightly monstrosity
- Ascended
- 6. Dark skin spot
- Throwaway line
- Nightmare, bad ...
- Yawns open
- Residence
- 11. Single
- 12. Abandon
- 13. Exposes
- Having cogs
- 15. Occasion
- 16. Located
- 23. Summons
- 25. Hang (over)
- Prevent 27.
- 28. Sound muffler
- 30. Most intrusive
- 31. False ID
- 32. Church of Rome founder (2.5)
- Sneeze noise (1-6) 34.
- Internet letter
- Top credit rating (1,1,1)
- 38. Ban
- 39. Tabs
- 40. Elect
- Pakistani city 45.
- 47. Defames
- 48. People
- 49. US astronauts' HQ
- 51. Being pushy

- 53. Hymn, ... Maria
- 54. After-dinner drink
- 55. Business ventures
- 57. ... for tat
- 59. Standard of comparison
- 60. Small boats
- 61. Rip off
- 63. Antiquated
- 64. Ideas
- 65. Origins
- 67. Weaker
- 68. Upper limit
- 69. Wild
- 74. Flavouring herb
- 79. Gossip
- 81. Prolonged assaults
- 83. Transvaal colonist
- 84. ... & panties
- 86. Term of endearment, ... name
- 87. Drawback
- 89. Envelop
- 90. Smash into
- 91. Bliss
- 92. Pressurised spray
- 94. Postal destination
- 96. Sped
- 98. India's Taj ...
- 101. Flooded (of decks)
- 103. Nuclear weapon (1-4)
- 106. Assortment
- 107. Table part
- 109. Insecticide (1,1,1)
- 111. Temps 112. Disordered
- 113. Gone away
- 115. Western alliance
- 116. Bar-code checker
- 117. Nectarine relatives
- 120. Unintoxicated 121. Celebrity, ... Winfrey
- 122. Wooden carton
- 123. Pre-euro German currency units
- 124. Coral isle
- 125. Scuds (of clouds)
- 127. Throng
- 128. Kitchen basins
- 130. Tennis hotshots
- 131. Long movie
- 133. Non-coms (1,1,2)
- 134. Sentence component

Solution to Brainteaser No 104 E C I N

2015 issue Solution to No 106 will be in the July

ONE

O O A O

SERV

The winners of MegaXword No 104 and Brainteaser No 103 appear on page 144.

Sudoku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 to 9. You can't change the digits already provided in the grid. Each puzzle has just one correct solution. Find it on page 144.

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		8		
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2			6	
	3			
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	8		1	
7	4		6	
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	7 3 2 6	2 3 6 1 1 1 1 1 1 1 1 1	8 2	5 4 8 7 6 6 7 7 7 7 7 7 7

MED	IUM								
9					1			6	
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TAURUS

20 APRIL - 20 MAY

You're hurtling about in all directions, trying in vain to use up the extra energy supplies you've suddenly discovered. Make some conscious plans, or your superpowers will be wasted. And, since they're only with you until the 14th, you'll need to make the most of them. Meanwhile, if you're looking for work, think about starting something small at home. You'll be amazed at how quickly it grows. Besides, the love life is on a mission of its own - so you might as well keep yourself amused until it makes up its mind. Then you can make up yours.

LEO

23 JULY - 22 AUG

Oh happy day. Actually, (fairly) happy month. Your time to enjoy yourself - and prosper. So if there are business meetings to chair or presentations to be made, there is no time like the present. And if the love life is swimming along as well as it should be, plan something special just to remind yourself to appreciate the magic. As for all those talents of yours, let them shine. Everyone is looking, and the applause is almost deafening. One teeny vignette to keep in mind: communications take a dive on the 19th. Master the art of tact beforehand.

SCORPIO

23 OCT - 21 NOV

Instead of howling your way through a very gracious Scorpio Full Moon on the 4th. how about an exotic vacation - with, say, Brad Pitt's brother? It'll be good for you - even if you end up footing your half of the bill. Use the days before that to showcase your seemingly endless talents. And enough with the modesty. Your career has taken a slight knock - and your smiling face is exactly what's needed to put the energies back on track. This month is about you taking your power back - and understanding how much there is of it. Use your gifts wisely.

AQUARIUS

20 JAN - 18 FEB

Join up with people who share your interests, and your career could take off on a completely new tangent. It's time to get paid for doing what you love. The years of slog are over - even if it means taking that leap and finally working for yourself. If you've been investing, look out for paybacks after the 11th. As for love, how about a commitment? After the 19th, only fear will hold you back. Don't let it. The only thing worse than a bad decision is no decision at all.

GEMINI

21 MAY - 20 JUNE

Clear directions for financial delights may not emerge until mid-June. Which means, of course, that you may be doing yourself some real harm if you get sucked into anything beforehand. And don't snigger. The possibility of being seduced by a con artist looms large. Say 'no' to everything after the 19th - but have the courage to trust your fabulous instincts. Your love life, on the other hand, needs some personal input. From you. Kindness and compassion will make a winning team.

VIRGO

23 AUG - 22 SEPT

The competitive drive you so fervently deny having, is back. Don't be ashamed. Use it, together with that array of talents and powerfully determined morality, to get where you're going. The problems that come up after the 20th will need all your skills - and honesty - to resolve. And you'll need some support too. So if you're in a halfway decent relationship, show your appreciation now. That way he'll be happier to help when things get rough. Meanwhile, watch your mouth. It's in the mood to get mean.

SAGITTARIUS

22 NOV - 21 DEC

Ever heard talk of 'bringing out your inner child'? Well here's your chance - after the 20th. The child in you wants to come out and play. And the first place she'll look for entertainment is in your relationships. So if you're serious about your guy, warn him while you have the chance. Tell him to expect lots of fun, plenty of surprises and the tactlessness of a five-yearold. The odd jealous tantrum might also make up your daily fare. What the heck. You can't have everything - and it's only for a while. Just don't sign any contracts and you'll be fine.

PISCES

19 FEB – 20 MARCH

Okay, so the hierarchies have changed - and there are some new political systems to be mastered. No sweat. Remember that whatever you're unhappy about can always be changed. As long as you choose your buddies carefully. The last thing you need is for your motives to be misunderstood. If you want to be in charge, let it be known. If a few adjustments are all you need, ask nicely. Remember, the only real killers are boredom, procrastination and indecision.

CANCER

21 JUNE - 22 JULY

A career move? Not a bad idea if you're thinking that way. If not, at least spend some time reflecting on that fab imagination of yours. If not outer, then inner changes are on the cards. If there are decisions to be made, check your values first. Also, if there's a book to be published, do it. Before the 19th, there'll be help, no matter how weird your ideas. Afterwards, your extraordinary instincts will get you through difficult moments. Trust yourself. This is no time for a crisis of confidence.

LIBRA

23 SEPT - 22 OCT

Something you really wanted fails to materialise. Which will really cheese you off - until you realise that, in fact, your needs are changing and you're not nearly as unhappy as you thought you'd be. Same with the love life. Question your feelings - and stick to your decisions. They'll be good ones - especially after the 19th, when the intellect stands aside and intuition takes over. Either way, by the time the New Moon arrives on the 18th you'll like yourself – and your choices – a whole lot more.

CAPRICORN

22 DEC - 19 JAN

Stubbornness is fun as long as there's someone around to play your game. But it loses its spark when everyone leaves you alone with your determination. So sure, it would be a great time to find some more like-minded buddies. But even the most agreeable of souls needs a little flexibility now and then. At work, meetings and presentations generate enthusiasm for your unending brilliance. This is no time to be shy. Display your wares. With generosity and compassion. You're not the only one who likes to win. Be willing to share.

ARIES

21 MARCH - 19 APRIL

Tension is taking its toll, and your thinking has become overly rigid as a result. Even so, running and hiding won't work as well as you'd hoped. So yes, withdraw for a while to get your head together, but as soon as you've done that, it's back into the fray, high-heeled boots and all. Expect trouble. But tough it out. You can do it and triumph. Grounding is the trick. Planning and focus are key. Ultimately, this is one war you'll enjoy. You're funny like that. &

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S MATTHEE, SANDTON A HEFFER, FINOVILLE N BROWN, DURBAN

BRAINTEASER #103

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Holidays in Heck

hen we are not discussing their hair, the teens talk to us about Stuff They Have Found On The Internet. They offer us dispatches from their online lives in the same way that Captain Scott may have written home from

the frontiers of the known world on his way to the South Pole. They see Wonder! Wonder! Wonder! And we hear Danger! Danger! Danger! We pretend to listen to their marvellous discoveries, but really we are totally preoccupied by the treacherous icebergs that lurk unseen in the internetty depths.

Of course, the teens are not online all the time. Over and above the many weekends we spend totally out of range of everything – sometimes even including ice for

our drinks, if you can believe that – we also force them to hand over their phones for three hours every day. Well, OK, one and a half hours, to be honest. And they're not allowed to sleep with them in their rooms, either. The teens consider this an outrageous abuse of parental privilege. Every single day, they act as though we have suddenly

They tried so hard not to roll their eyes that their eyeballs actually vibrated in their sockets with the effort of keeping still.

asked them to saw off their right arms at the shoulder with a rusty spoon and put them in a box by the front door.

'But what is this Outernet of which you speak?' says Fifteen, whose expeditions into the ether clearly include regular stopovers for refuelling in the Bay of Smart–assedness.

Occasionally, though, they discover something so fantastic that it shines through the fog of our old-fart anxiety – and the concept of Heck is one of them. Heck hails from the land of Reddit, far, far away, and it works thusly: if you assume that heck is a milder form of hell (you know how some people say 'What the heck?' instead of 'What the hell?' when they're trying to be polite? Personally, I don't know any such people, but I have read about them in books). Anyhoo, assuming Heck is a milder

form of hell, who would you really like to banish there?

I have spent many happy hours fantasising about my Heck. And it is absolutely *heaving* with people. Here are just some of them:

- Everyone who uses the word 'your' in this context: 'In the wild, your blue Toucan is very different to your red Toucan ...' No, it bloody isn't. I *have* no Toucans. And anyway, even if I did, leave my Toucans out of it. Speak for your own Toucans.
- Those entire families who dawdle in malls or on pavements in aisle-blocking rows, trapping you behind them when all you want to do is Get. The. Hell. Out. Right. Now. To Heck with all of you, for the Crime of Selfish Walking.
- Anyone who starts a sentence with 'I must be honest'. Nope, that is not a requirement here. You're welcome to be as dishonest as you like, as long as you're interesting or funny. Banished for the Sin of Self-Righteousness.
- Every single driver who doesn't signal 'thank you' when you let them into traffic. A giant hand will appear out of the sky, pluck you from the road and squash you into the perpetual traffic jam that is Heck for all eternity. Blatted for the Transgression of being Entitled and Rude.
- All the ridiculous Sneezers out there the shouters, the squeakers and the sprayers it's all over for you. Just stop it right now. In Heck, you will spend the rest of eternity in pre-sneeze mode: your eyes will water, your nose will twitch, you'll be going ah...ahhh ...ahhh and squinting into the sun and nothing will happen. The Misdemeanour of Mismanaging Your Mouth is a Heckable offence.

Give it a try – populating your own personal Heck is excellent for your mental wellbeing, I have found. In gratitude, I tried to contribute something from my own internet explorations to the teens.

'Have you seen the video of the farmer playing Royals on his trombone to his cows?' I offered. Fourteen and Fifteen exchanged a long, meaningful look. They tried so hard not to roll their eyes that their eyeballs actually vibrated in their sockets with the effort of keeping still.

'Cows and trombones? What dark corners of the internet are you trawling, mum?' said Fourteen. 'You have to be careful out there, you know.'

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